News
The absolute folly of Net Zero and what it means
Page 2

News
Exposing war crimes should never be a crime
Page 3

International
Slovakian PM orders excess deaths probe
Page 17

Health
Children's health suffers near 5G towers - study
Page 20

The Uncensored Truth

TheLIGHT

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12 ways to spot a false flag operation
How to tell when media stories are disinformation Pages 14-15

Invisible enemies

by **DARREN SMITH**

Never doubt the power of propaganda

MANKIND does not like the unknown – we love routine and familiarity.

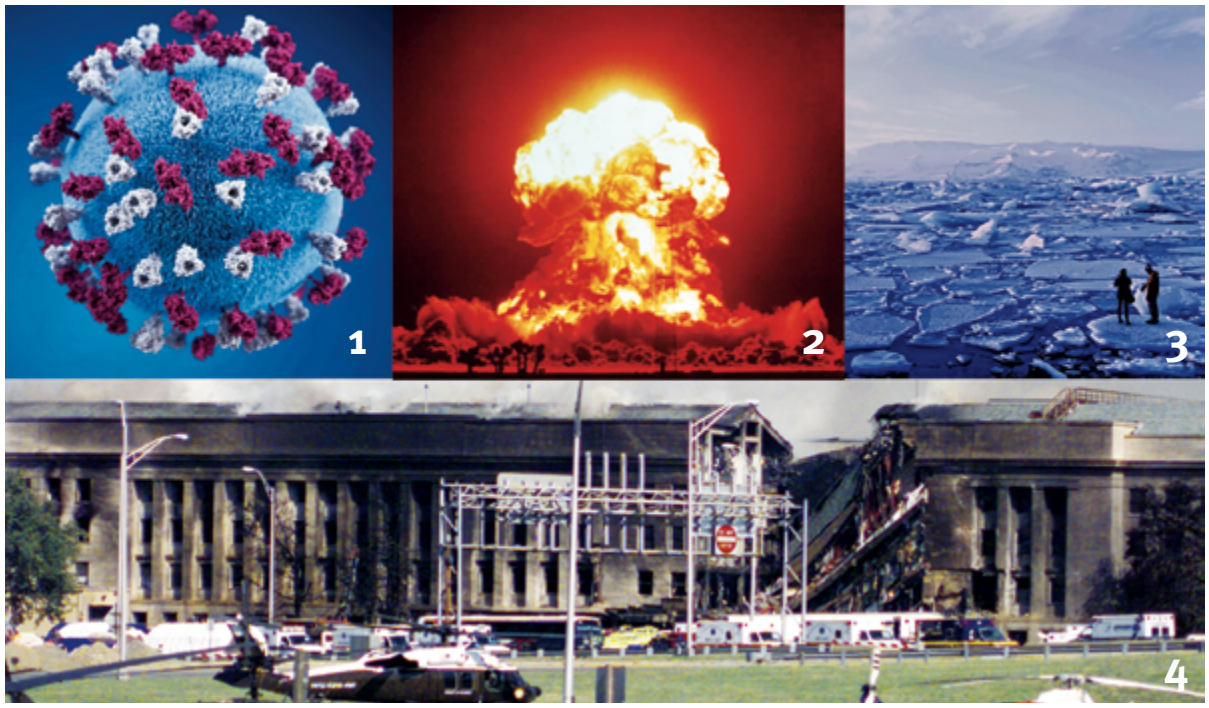
And perhaps that is why, perversely, the horror genre and psychological thrillers are so appealing to many.

In the reality created by the institutions of media and academia, there are many unknown, unseen threats that we are constantly reminded of.

This is done to instil fear through which we can be more easily manipulated; if you're afraid of a deadly virus, for instance, you might wear a mask or wash your hands incessantly, as if that would make any difference.

In addition to the recently manufactured, mass hysteria-inducing, alleged pandemic, there are other unseen, invisible enemies.

These include aliens, asteroids, climate disasters, terrorists, viruses, and World War Three.



1. No virus has ever been proven to cause disease 2. WWIII and total annihililation are always just around the corner 3. Climate disaster has been threatened for decades 4. Terrorists with no plane apparently attack The Pentagon on 9/11

It's always a doomsday scenario, but it never actually happens. So who are the real conspiracy theorists, exactly?

However, the reminder of such manufactured, terrifying threats is enough to enable governments to extract ever more of people's money, and worse, enact laws that remove rights and give them immense power over the individual – all to supposedly preserve our safety and security.

These powers include labelling any one of us as an enemy, and we have seen what the state does to its enemies, with the recent abhorrent and very revealing treatment of journalist Julian Assange, who exposed the despicable torture and crimes of the state against those it also labelled as 'our' enemies.

None of these are *our* enemies – they might be theirs, because the rulers are psychopaths – but we are led to go along with them by very skillful use of propaganda.

Shockingly, most of these 'enemies' do not even exist. Our only real enemy is actually the one that keeps telling us who or what the enemy is supposed to be, and uses the media to induce fear and terror in people, in order to implement an agenda of control.

The power of repetitive suggestion, combined with the knowledge and experience of over a century of marketing (propaganda), is so strong and effective that many of us outright deny we are influenced by what we see and read in the media.

But talking points are repeated all the time – almost unconsciously, people repeat exactly what was said on TV.

The recent covid false flag is an example of almost the entire world being persuaded to do and say ridiculous things through fear.

All because of a successful and very expensive marketing campaign about an invisible threat that there was little, if any, actual evidence for, outside of the 'reality' they created on the screen and across the media.

We should never doubt the power of propaganda – or our own susceptibility to it.

And, if we find ourselves agreeing with politicians, major corporations and other world 'leaders' on topics, then we should examine exactly why we believe the same as they do.

We need to ask whether what we believe is based in fact and evidence, or if it is repeated 'wisdom' from governments' and corporate marketing departments.

This is as true for philosophy and religion as it is for current affairs and history.

Everyone has an agenda; the only question we need to ask is whether what is said is based on facts and evidence, and if it makes sound logical sense in accordance with observable reality.

Net Zero: The ultimate folly

by **DONNA RACHEL**

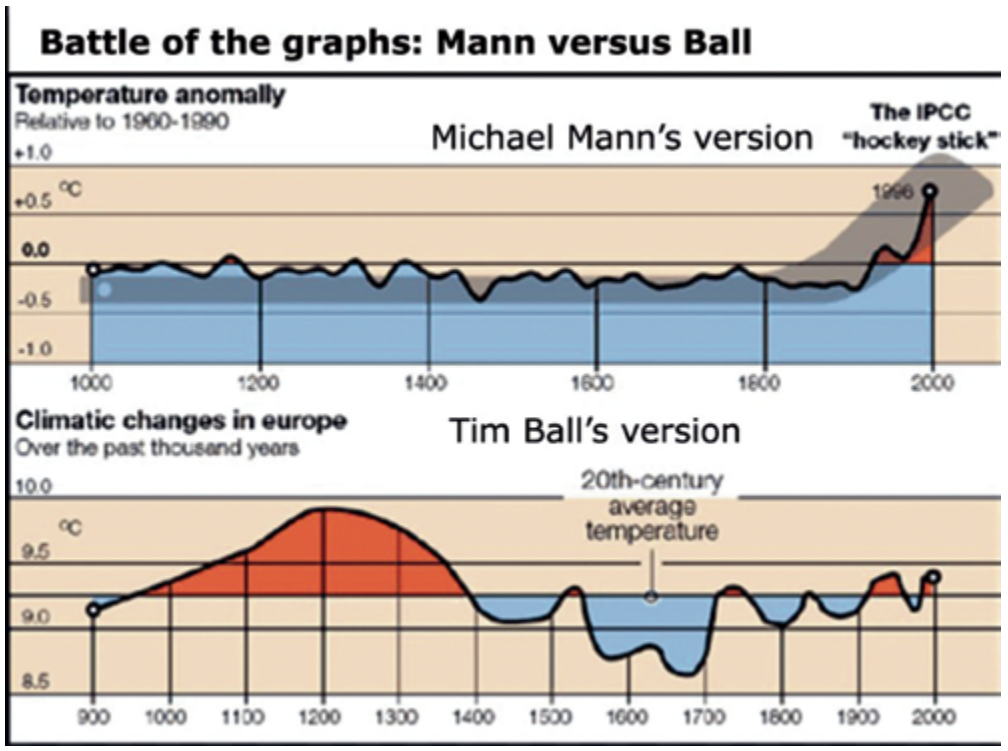
RIDLEY Scott's dystopian masterpiece, Blade Runner, was set in 2019 – and now we have the real-life version in 2024.

But this time it's not the Harrison Ford-type of Blade Runner who retires replicants – it's that daring band of Englishmen and women who are fighting against the London Mayor's Ultra Low Emissions Zone (ULEZ) scheme.

ULEZ is seeing motorists driving older cars charged £12.50 a day for travelling within London (electric vehicles and newer cars are currently exempt).

Like the rebels who followed Wat Tyler to London to press their claims in the Peasants' Revolt, or Robin Hood's Merry Men, these plucky souls say they are reclaiming their rights in the only way open to people whose governments are deaf to their concerns – with direct action.

Dressed in balaclavas and hoodies, armed with little more than wire cutters, screwdrivers, and canisters of spray paint, more than 100 blade runners are busy disabling and dismantling the ULEZ road cameras as fast as they are being put up.



Top graph: Used to scare the public Bottom graph: a longer look at reality

One of them, a dad in his 40s, told MailOnline: "We are going to take down every single one no matter what." He had already removed 34 himself, with hundreds more having been dismantled by fellow blade runners.

"Snipping, damaging with hammers, painting, disabling on a circuit level and removing. They are unbolted and they are snipped. The tools they use to install them are the ones we use to remove them," he said.

Rolled out across the whole of Greater London, ULEZ covers an area of 606 square miles, which is home to nearly nine million people. The cameras have been going in only to be promptly dismantled by local blade runners, sometimes within mere hours.

But why? What is it about, the ULEZ scheme that has turned these formerly law-abiding folk into renegades?

"We don't want this," the blade runner told the Mail. "It's a way to try to... restrict our movements. F*** them. It will not happen because we haven't done anything to deserve it. Everything we are doing is for our own freedoms. It's the tip of the iceberg. We do not live in a democracy. We will fight with everything we have for our freedoms."

According to the Mayor of London's office, the scheme is designed to reduce air pollution. The official ULEZ page on the London Assembly website states: 'Each year air pollution causes thousands of Londoners to die prematurely and develop life-changing illnesses like cancer, lung disease, dementia and asthma. That's why we are taking action now.' It boasts of an 'almost 50 per cent reduction in toxic nitrogen dioxide pollution in central London,' and 'over one million hospital admissions averted by 2050'.

But the blade runners aren't buying it. They believe ULEZ is about something else.

One blade runner told MailOnline: "This is being done out of necessity because the tyrants that currently rule over us are taking the piss. We are only governed by consent. It's about time we took back the power to the people."

"People in this country have had enough," said another. "If we just roll over, our lives are gone. There are millions like me who won't take this anymore. We will fight. Leave me the f*** alone, just let me get on with my life. I don't want to be controlled."

Clearly, people are extremely angry about the scheme. The blade runners aren't the only ones – in the official consultation for the scheme, two thirds of respondents said they didn't want it. So why was the London Mayor so determined to push it through against the will of the people?

Although you won't find any mention of it on the London Assembly website, ULEZ is, in fact, a vital part of the Greater London Authority's ambition to reach Net Zero by 2030.

For those not familiar with the term, Net Zero simply means ensuring CO_2 emissions are balanced out by CO_2 capture or offsetting, so that no extra CO_2 enters the atmosphere – net zero emissions.

Advocates of the policy claim this will halt global warming in its tracks. The aim is to at least prevent the global average temperature from rising more than 2°C above pre-industrial levels, and preferably stop it from rising 1.5°C.

Advocates say that the global average temperature has already risen by 1.3°C since the late 1700s, making the target an urgent one. According to the UN: 'To limit global warming to 1.5°C, greenhouse gas emissions must peak before 2025 at the latest and decline 43% by 2030.'

When taking such a narrow slice of data, it is of course easily possible to show that it supports your theory of impending catastrophe. However, longer time graphs show that the Earth's temperature is about average for the past thousand years, when the envrionment and life flourished (see graphs above).

Howver, the temperature target was set at the UN Climate Change Conference (COP21) in Paris, France, in December 2015, with the signing, by 196 parties, of the Paris Agreement, a legally binding international treaty on climate change.

- ***Net Zero: The Ultimate Folly - by Donna Rachel (substack.com)***
- ***https://tinyurl.com/42ycuskw***
- ***https://tinyurl.com/msvzwtan***

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"If thought corrupts language, language can also corrupt thought."
GEORGE ORWELL

Julian Assange must be freed

by **CATHERINE EVANS**

FREE, free, Julian Assange! The chant echoing around the lively crowd outside the Royal Court of Justice, London, for two days solid. Giddy with hope, strong with determination. Free, free, Julian Assange!

Assange, the founder of WikiLeaks and undoubtedly the world's most famous publisher of war crimes and whistle-blowers, had his final appeal against extradition to the United States on February 20-21.

Extradition would set a dangerous precedent for journalists across the world. It's the most important press freedom case in history.

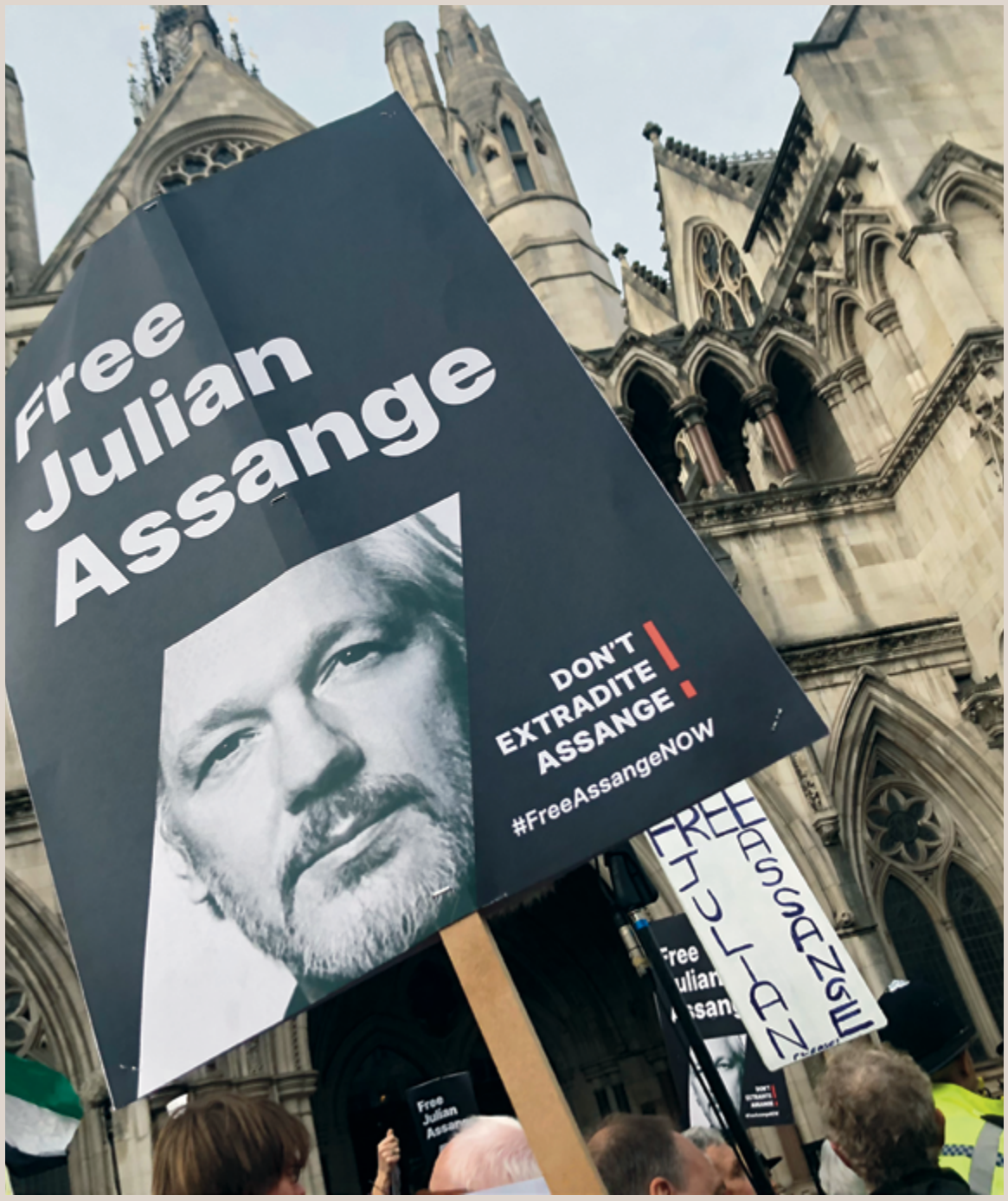
This incredible journey started around 2010-2011 when WikiLeaks, well known for exposing state and corporate corruption, published clear evidence of U.S. war crimes in Iraq and Afghanistan, with tens of thousands of files he received from then U.S. military analyst Bradley Manning.

The CIA claims Assange conspired with Manning to 'hack' and steal top secret military information. This has never been proven, with Manning denying the allegations. Manning, subsequently convicted under the Espionage Act, spent seven years in prison. He later went through gender reassignment to become Chelsea Manning, before her sentence was commuted by President Obama.

The Trump administration wanted Assange, too. A smear campaign rained spurious allegations on him of a rape and molestation of two Swedish women.

Soon followed U.S. charges of 'conspiracy to commit computer intrusion'. To avoid extradition to Sweden, Assange sought asylum in the Ecuadorian Embassy in London in 2012. During his time there, the U.S. illegally spied on Julian's meetings with his lawyers.

On April 11, 2019, UK authorities arrested Assange at the embassy, charging him with failing to meet bail conditions from back in 2012, and gave the ridiculous sentence of 50 weeks imprisonment at the maximum high security prison, HMP Belmarsh. And so his five-year-long incarceration, being held without trial, began.



Julian Assange supporters outside the Royal Courts of Justice

Professor Nils Melzer has visited Assange many times. His book, *The Trial of Julian Assange: A Story of Persecution* (2022) investigates the U.S. and UK governments' collusion to reach a conviction, and gives great detail of the horrendous conditions and psychological torture Julian is subjected to.

Behind high concrete walls, ubiquitous CCTV and multiple locks and bars, Julian is kept in solitary confinement 23 hours a day in a sparsely furnished small cell. Melzer explains he is denied sunlight, a computer, access to the gym and library, and importantly, to his American lawyer and legal papers.

Medical experts have witnessed his condition physically and mentally deteriorate severely. Journalist, John Pilger, confirmed, 'he eats little, is heavily medicated and denied basic rights.' Various court appearances show him frail and confused. He has been too ill to attend any other court appearances. In 2019, 60 doctors wrote an open letter to Home Secretary Priti Patel, with fears Julian's health was so bad that he would die inside Belmarsh.

In 2022, Patel signed the extradition order to the U.S.; Julian's defence appealed this decision. However, the Home Office stated, extradition would not be 'incompatible with his human rights' and that while in the U.S., 'he will be treated appropriately'.

This final appeal will decide whether he can appeal against that decision. Rousing speeches to crowds outside by former British diplomat, David Murray, WikiLeaks Editor-in-Chief, Kristinn Hrafnsson, MEP Clare Daly, Stella Assange, John and Gabrielle Shipton, and others, pieced together events in the courtroom.

Doubt was cast on the impartiality of the judges, given their previous casework and political connections.

Hrafnsson summarised the key arguments for the defence: that the U.S. has plotted to assassinate Assange, should be enough to stop extradition. There's no possibility of a fair trial in the U.S.; assurances for his safety are bunkum. The CIA could enforce conditions so harsh he would die.

Assange's lawyer, Jen Robinson, argues: "Espionage Act criminalises espionage, not journalism."

Julian's wife, Stella Assange, said the CIA are "rogue", they have "lost the plot" in targeting the press and attempting to kill Julian.

The U.S. lawyers did not refute these claims and offered nothing new but the same old lies. They argued that 'state secrets trump state crimes'. They want impunity and journalism gets in the way.

Clare Daly said: "It's not just the life of a man that's at stake, it's a stance against the criminalisation of journalism, it's the defence of freedom of speech." Daly reminds the world that Assange, a journalist, exposed war crimes, torture and criminality. This exposure resulted in them being stopped, yet those who committed them are not facing charges or imprisonment; he is.

The two judges, Victoria Sharp and Jeremy Johnson, chose not to make an immediate decision. It could be several weeks for a verdict to arrive.

Should the verdict be unfavourable, Assange's team have 24 hours to appeal to the European Court of Human Rights for a Rule 39 Order to stop extradition whilst it considers his case.

If favourable, a full appeal may still be years away from a hearing.

- ***Visit https://freeassange.org for updates***
- ***Catherine Evans is leader of the Freedom Alliance - https://freedomalliance.co.uk***
- ***www.kennedy24.com/assange-petition***

9/11 and the business of war

False flag attacks hoodwinking protest movement

by **CHRIS REA AND HENRY WIDDAS**

IMAGINE 3,000 people being slaughtered in a diabolical plot and never receiving justice.

Now imagine the same thing and add three or perhaps four zeros to that number and place those slaughtered in the Middle East.

Anti-war mobilisation could do much to turn off the engines of death – but instead, it focuses its spotlight on the puppets rather than the puppet masters.

And it acts reactively, focusing on the now, rather than looking at the root cause of why, for centuries, man kills man on a grand scale.

At the moment, Israel's assault on Gaza and the West Bank has prompted mass mobilisations reminiscent of the opposition to the assault on Iraq in 2003.

But while pro-Palestinian activism operates at an impressive level in between the most egregious outbreaks of Israeli violence, it is not, strictly speaking, an anti-war movement.

Mainstream anti-war campaigning rarely offers a sustained critique of the high-level economic powers that organise conflicts, and which operate above national governments and international organisations.

All anti-war activists – historically found on the left – need to understand that honest politics would never allow for war. There have to be underhand techniques involved to obtain a casus belli – the reason one state must wage war against another.

Probably the most common technique is the false flag attack. Such attacks are carried out by one party with the intent of blaming the other, thereby giving a reason for war. Arguably, 9/11 is the most significant false flag attack to have occurred in living memory, but October 7 has the same hallmarks.

Although mainstream anti-war activists would not deny economic factors are important motives in armed conflicts, they do not take that line of thinking far enough.

The thesis set out by Michael Rivero in his film, *All Wars are Bankers' Wars* ought to be the foundational principle for anti-war activism. If it is true that all wars are fought in the interests of the financial system, then anti-war campaigning should be primarily, if not exclusively, directed at central banks, investment houses and dynastic fortunes, rather than national governments or even military blocs such as NATO.

Tony Blair and George W. Bush

The left's abhorrence of 'conspiracy theories' - regarded as exclusive property of the 'far right' - has prevented it from engaging in any kind of dissenting critique of a colossal fraud

It would be impossible for such an orientation not to include parallel ruling class agendas such as the anti-carbon dioxide agenda, central bank digital currencies and the biosecurity state.

The freedom movement is ideally placed to challenge wars; it is much more prone to scepticism about media and state war narratives than the traditional left of politics.

Put simply, it has better bullshit detectors.

Every pretext for every war the UK and the West has waged in this century has been an obvious fraud, including 9/11 and Iraq's weapons of mass destruction, Gaddafi's Viagra-fuelled mercenaries, Assad 'gassing his own people' and Hamas beheading babies.

It isn't surprising that the majority falls time and again for these crude and infantile narratives, but it is disappointing that the anti-war movement itself also gives credence to such absurdities.

This often takes the form of caveating opposition to Western military violence with such formulations as 'of course, none of us supports Assad's/Gaddafi's/Saddam's oppressive regime…' or 'while none of us can condone the violence of Hamas…' followed by a 'nonetheless, we stand against US/UK/NATO aggression…'

The mainstream anti-war movement was totally on board with the 9/11 narrative. The Left's abhorrence of 'conspiracy theories', which are regarded as the exclusive property of the 'far right', has prevented it from engaging in any kind of dissenting critique of a colossal fraud.

That fraud has only been topped for sheer audaciousness by the covid operation – which the Left also refuses to interrogate.

In the case of 9/11, the caveating went along the lines of 'while we deplore the terrorist attacks on New York and Washington, they shouldn't come as a surprise given the actions of the U.S. in the Middle East' – in other words, 'blowback' theory.

A more critical reading of 9/11 cannot help but conclude that it was engineered to serve as a pretext for the events that followed – permanent war in the Middle East, the development of a domestic police state and the institution of an ideological apparatus – the Great War on Terror – lately supplanted by the Great War on Carbon.

With 9/11, you either believe in Tony Blair and George Bush's version of events or you investigate the alternative narratives. Once you've done that, there can be no going back.

Yet the mainstream anti-war position, whilst deploring the response to 9/11, still clings to the idea that the U.S. was attacked by radical Islamists with fire-proof passports, just as mainstream Left opinion believes that the world was attacked by a virus in 2020 that changed its vector of attack in line with government policy.

This narrowness of thinking, this inability to see the massive, obvious picture, is why the legacy Left is doomed to repeat over and over the same cycle of activism, which is often triggered by inauthentic or staged events or narratives designed to elicit exactly the response the ruling class needs. Black Lives Matter, the climate emergency and covid are three outstanding examples.

The power nexus that organised and executed the covid operation and which is driving Net Zero, central bank digital currencies and all the other anti-human agendas, also engineers, finances and profits from war.

The freedom movement has an important job to do – agitating for a new form of anti-war activism that focuses relentlessly on the financial interests at the apex of the pyramid, not just the delivery agents further down.

And it must educate the public about the interconnectedness of the dominant ruling class agendas. It's a good opportunity to reshape our thinking and develop some exciting new narratives.

Need motivation to join this movement? Just think of the thousands and millions slaughtered yet to receive justice.

- ***A version of this article was published at https://real-left.com/war-who-is-it-good-for/***

Stop saying ‘we’ when you mean ‘they’

by **NIALL McCRAE**

Identifying with warmongers dilutes their culpability

AS a social commentator, I often come across habitual phrases and lazy assumptions.

These may be so normalised that nobody challenges them. Yet the impact of such common usage is considerable and harmful.

I want to focus on inappropriate use of ‘we’ in discussions of politics, history and contemporary culture.

Take, for illustration, this typical comment on the topic of immigration: ‘They all come here because we bombed their countries.’

This is wrong both factually and rhetorically.

Tony Blair’s war in Iraq certainly led to mass displacement of people from a fractured country previously kept in harsh order by Saddam Hussein. But some of the largest sources of migration to the UK have not been subjected to British military action (recently, at least): Nigeria, India, Pakistan, Albania and Turkey, for example.

Queen Elizabeth Golden Jubilee carriage procession

But the main problem here is the self-declared ownership of decisions made at Westminster and Whitehall (in many cases, following orders from Washington). Saying that ‘we bombed the Middle East’ or ‘we closed our steel industry’ or ‘we locked down’ in the pseudopandemic, devalues the speaker, as well as the intended criticism of the nation with whom he or she identifies.

I did not contribute to the decision to arm Israel or Ukraine, and I doubt if any readers of *The Light* did either. So why talk as if you are responsible? If we are to detach ourselves from the system, we must stop referring to corrupt legislators, administrators and profiteers as if they are among us.

Another application of this naïvely collective ‘we’ is in the ideological concept of identity politics, indoctrinated into the younger generations in schools and universities.

White British people are expected to express guilt for their past crimes of colonialism and current white privilege. ‘We’ started the slave trade (with a conservative rejoinder that ‘we’ stopped it). No – you and I played no part in the transportation of West Africans to the Caribbean and their hard labour on sugar and cotton plantations.

This ‘we’ is also emphasised in the other dogmatic schema of ecological doom. Citizens of every town are browbeaten and busy-bodied into reducing their carbon consumption, as if they are personally liable for the concentration of atmospheric gases. This is taken to absurdity with the notion that China and India should be allowed to continue industrial development and pollution, because ‘we’ had our turn, so ‘they’ should have theirs. So much for saving the Earth!

The truth is that Britain, like any Western country, is no longer a ‘we’ but a ‘them and us’.

Our prospects in an otherwise dystopian future depend on our building a unified resistance to the establishment and maintaining a positive outlook. If there were Nuremberg Trials tomorrow, would you still be identifying with the culprits?

BBC reputation deservedly in freefall

by **RICHARD HOUSE**

Media smear merchants fail to extinguish *The Light*

Photo: K-Mitch Hodge

I GREW up in a household that seemed to have no doubts about the veracity and quality of BBC journalism.

BBC radio news and the the Home Service (that became Radio 4 in 1967, when I was 12) were on in our home all the time.

And woe betide my brother or me uttering a single word while the 6 o'clock news was on the radio; and my dad, after a hard day's manual work, was glued to it as we ate our evening meal together in dutiful silence.

It's hard to pinpoint exactly when the naive scales fell from my eyes about the BBC. One early recollection I have is when one of my great heroes, Tony Benn, used to brilliantly call out the bias of BBC interviewers during live interviews (meaning that they couldn't edit out Benn's courageous exposing of their bias) – one of the earliest examples of 'fearless speech' that I can recall.

At the time, and even during Jeremy Corbyn's era, I used to see this as a simple left/right issue, and that the BBC was inherently C/conservative.

Now I see it rather differently. It's not about left and right, but about establishment and anti-establishment. That is, Benn wasn't demonised by the media, including the BBC, because he was left-wing per se, but because he called out establishment abuses of power.

That is, to use the jargon: the BBC was – and is – institutionally biased against anything or anyone challenging the mainstream establishment narrative. And I think the same goes for Corbyn – and perhaps, even, for Liz Truss (see the article by Ian Fantom in *The Light* issue 31).

Fast forward to the present day, and for well over three breathless years of handing out *The Light* newspaper on the streets of Stroud, it's clear from the evidence of many hundreds of conversations with random members of the public that the BBC is increasingly held in visceral contempt by increasing numbers of people.

One of my hand-out lines on the street is, "Free paper! What you don't get on the BBC!" And on quite a few occasions, I've had the experience of someone ignoring me as they walked past until they heard the phrase "...what you don't get on the BBC!" – at which point they've stopped, turned around and come back to take a paper – saying something like: "Oh, I want to read that! – it must be OK", or "Bloody BBC! – never listen to it! – I'll have a read of that."

Of course, this is anecdotal evidence – though it is based on huge numbers of street conversations – so I decided to do a bit of research to see if there's any more objective evidence to support this impression.

Sure enough, I web-searched 'public views about the BBC' and I discovered, for example, that according to a survey, in 2023 compared with 2018, those citing BBC1 as their leading news source fell by 13 percentage points over the five-year period (Statista website).

This translates into a decline of 21 per cent in people getting their news from BBC1. Further, a House of Commons Library report reveals that the 'estimated TV licence evasion rate [that's people refusing to pay the BBC licence fee] rose from 5.2% in 2011/12 to 8.9% in 2021/22' – that's a rise in licence evasion of over 70 per cent in a decade.

And in an Ofcom survey from 2019 (that's before the covid outrage, notice), we read that 'some people we spoke to told us that their trust in the BBC had been damaged by reputational issues'.

In light of these tell-tale stats, perhaps it's not surprising that the BBC's shameful assault on *The Light* newspaper last year, led by BBC 'Disinformation Correspondent' Marianna Spring, appears to have been an utter failure.

Terrified that, after many decades of media dominance, they're losing control of 'the narrative' to truth-telling media sources, last year the BBC launched a full-scale assault on *The Light* paper as an alleged purveyor of dis/misinformation and 'conspiracy theories'.

Some commentators (e.g. Iain Davis, Niall McCrae and myself) have deconstructed at length the BBC's comical case for 'cancelling' *The Light* (see, respectively, https://tinyurl.com/y3ht3r3a; and https://tinyurl.com/ysbbwefn) but here, I'll give some more anecdotal evidence on their abject failure to extinguish *The Light*.

Here in Stroud, we currently hand out around 1,600 papers a month – the most ever. For the first month or so after Spring's Radio 4 anti-*Light* hit-piece series, only very occasionally did anyone refer to her series in street conversations; and when it was referred to, only even more occasionally was it cited as a valid reason for condemning *The Light*.

Far more often, the series, and Spring herself, were mercilessly derided by members of the public.

We are also encountering substantially less hostility on the street from passers-by today than we ever have had - politely declining the paper is now the norm, rather than a frosty stare or a nasty comment-on-the-run. This just wouldn't be happening if the BBC's cancel-culture propaganda assault on the paper had worked.

From this I deduce that *The Light*'s presence as part of local civic life is rapidly becoming normalised and broadly accepted – a heartening cultural embeddedness that the BBC's hit-piece series of last year was designed to forestall.

Yet there's certainly no room for complacency. From their viewpoint, the BBC simply can't afford to fail in their determination to silence or emasculate their critics; so watch out for their next disreputable putsch against truth-telling media platforms – perhaps, even, with the help of government legislation.

If such brazenly flagrant censorship were ever to be attempted, however, rest assured that millions of us across the land will be ready for it!

● ***https://independentviewpoints.net***

What exactly is a conspiracy theorist?

Labels reinforce ideologies and silence debate

by **SHANE FUDGE**

EVEN to those who do not subscribe to a hidden or conspiratorial agenda, it should be clear that we are not living in normal times: death and disease, the ramping up of global conflicts, adverse weather events, the mass movement of people across borders – and the number of these events has risen exponentially since the turn of the decade.

We are living in the most divisive time that can be imagined. Families have broken up, relationships have ended, friendships lost. The covid vaccination programme gave birth to a whole new political narrative – those who have been jabbed, and those who were willing to question what they were being coerced into doing.

Early in the pandemic, there were people prepared to ask questions and challenge the institutions and motivations of the people overseeing all of this. These people, in turn, were vilified, ostracised, and shamed, by people who chose to believe that the government had their best interests at heart. The term 'conspiracy theorist' became the go-to phrase to use on anyone who had the temerity to raise questions or to express doubt about the official narrative.

According to U.S. professor Lance deHaven-Smith, the term conspiracy theory merged into the cultural lexicon via a CIA-instigated propaganda campaign after the Kennedy assassination in 1963.

The CIA was aware of suspicions around the official narrative of a 'rogue gunman', the possible involvement of other protagonists, and that there may have been more sinister motivations for Kennedy's death.

The conspiracy theorist label was subsequently propagated through the main U.S. media outlets on the CIA's recommendation that it would be the most direct way to instil a 'psychology of doubt' around those who were willing to challenge the event itself and the Warren Commission Inquiry, set up to investigate the Kennedy assassination.

From this time, 'conspiracy theorist' became an effective label to sweep dubious government activities away from their doorstep - essentially by encouraging the public to police itself.

The concept of labelling, itself, came from the work of the sociologist, Howard Becker, in a book called *The Outsiders* – a book coincidentally published in the same year as the Kennedy assassination.

Becker was keen to challenge the dominance of grand theories of human behaviour in the social sciences – in this instance the 'structural functionalism' of American psychologist, Talcott Parsons.

Parsons argued that society can be understood as a functioning organism, where all parts ultimately work together as interdependent structures, regulating agency and behaviour in alignment with 'the greater good'.

By contrast, Becker argued that meaning in society is created through everyday interactions. He used the example of marijuana smoking to examine the way in which deviant subcultures develop as bottom-up cultural exchanges.

Photo: Mathurin Napoly Matnapo

Being called a conspiracy theorist diminishes social capital and can change social relations - and even employment and financial status - for those unfortunates on the receiving end

Becker argued that 'deviancy is not a quality of the act that someone commits, but rather a consequence of the application by others of rules and sanctions to an offender.'

In recent times, the rise of identity politics offers a particularly good illustration of how the process of labelling can be utilised to promote the political agendas of minority groups in endeavours to influence and change existing cultural norms and power relations.

Cultural labelling is integral to the so-called progressive politics of the woke movement, where it is deployed to affirm or challenge identities and to challenge the dynamics of existing social categories.

Non-binary gender opinions are now regarded and dismissed as transphobic in some cases, while biological sex differences and their reproductive functions are also open to doubt.

Terms such as 'white privilege' are aimed at the white community, where these labels are embellished and intertwined with historical narratives, such as the slave trade.

Subtle forms of racism now allegedly pervade society, the workplace, and other environments, and 'offenders' must constantly monitor themselves, their language, and their actions.

The term conspiracy theoris' fits rather neatly into the emergence and current influence of identity politics since the turn of the decade.

And the label has served as a lightning rod for the mass ridicule that has been aimed at those who have chosen to challenge the authoritarian crimes, injustice, lies and corruption of covid-era politics.

Therefore, anyone asking if the pandemic was a planned enterprise, or anybody raising concerns over who is really pulling the strings in contemporary politics, will find themselves given this most derisory of labels.

One of the principal reasons why this form of labelling has been so successful is that the term itself deliberately evokes qualities and characteristics which many people would prefer not to be identified with.

This is why this 'programme of cognitive infiltration' – as the CIA termed it – has continued to serve the interests of the deep state through over sixty years of government cover-ups, lies and deceptions.

These have ranged from the Kennedy assassination, through 9/11, to where we are now. As deHaven argues, the term itself is (deliberately) associated with paranoia, delusion, and mental illness. To label someone as a conspiracy theorist subconsciously serves to evoke the qualities and characteristics of 'outsiders' or 'deviants' in the targeted.

We all want to be liked and we all want to belong. Being called a conspiracy theorist diminishes social capital and can change social relations - and even employment and financial status - for those unfortunates on the receiving end.

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Profile of a shoplifter

Supermarkets struggling with spike in thefts

by **HARRY HOPKINS**

SUPERMARKETS throughout the land are grappling with huge increases in shoplifting.

The majority are introducing surveillance hitherto unknown in the history of retail. Cameras everywhere, security guards much in evidence, valuable items tagged and notices throughout the stores warning of consequences.

For customers, this can feel like a place of suspicion and unease, and, for staff, a workplace of anxiety because they are on the front line of a war against protagonists who are unpredictable.

Shoplifting offences recorded by police in England and Wales have risen to the highest level since current records began 20 years ago. More than 402,000 offences were recorded in the year to September 2023, up from 304,459 in the previous 12 months, according to data published by the Office for National Statistics (ONS).

In terms of costs, it is estimated that British supermarkets lost nearly a billion pounds due to theft in 2021/22. And it is getting worse. Supermarket executives are calling the current trend an 'epidemic', with increases of 27% being recorded in the past year throughout the ten largest UK cities.

My local supermarket is Waitrose and it is attempting to tackle shoplifting in the following ways:

- Introducing CCTV cameras across the stores covering nearly all areas.
- The use of obvious, stand-out security staff complete with personal cameras.
- Discreet store detectives posing as shoppers.
- Shelf warning notices advising against shoplifting.
- 'Love bombing' (overly helpful employees follow a suspected shoplifter around the store).

What better way to get a feel for how the Waitrose policies are working than to go to my nearest store and talk to a security officer.

'John' is well over 6ft tall and big with it. He has been walking around the store for some months now, but I've never seen him talking to anybody. He walks and stands with a purpose, and that purpose is to deter anyone who might be thinking of shoplifting. To find out more, I spoke with him:

Stores struggling with the rise in shoplifting cases

We have found nurses, teachers, benefit recipients, pensioners and all sorts who shoplift. We even had a doctor recently who confessed that the reason he was shoplifting was stress

Me: *Hello, I've seen you around the shop for a while now and I've noticed the increase in cameras and additional security; is stealing a big problem in the store? I'm genuinely interested, and was wondering if you could tell me how you're finding it?*

John: You wouldn't believe it; I can tell you some stories. I've been in the security business for many years, and long gone are the days when I could catch a suspect in the act, grab his arm and frog-march him into the office to question, search and/or detain him until the police arrive. Now, we cannot touch a suspect, we cannot search his bags or person without permission and we cannot detain them without their agreement.

Me: *So how does this work out in practice? Do the police get involved and if they do, how does that pan out?*

John: In theory, the police will not attend for any incident involving less than £100. Where the theft is above this they are supposed to attend but they rarely do.

Even if they do, it can be five or six hours after the report before they turn up, which, as you can imagine, gives us huge problems if trying to keep the suspect in the shop.

We are then responsible for their welfare. The suspects can experience panic attacks (both real and feigned), display violent tendencies and cause scenes which can be disruptive to other customers.

In short, it is a harrowing experience for both the suspects and the staff and this is now a regular occurrence. More often than not we are pleased just to get rid of them and hope not to see them again.

Me: *Who are these people? Is there any one group or type that typifies a shoplifter?*

John: Waitrose is an upmarket shop, but we get all sorts who shoplift. I can tell you that we get gangs coming in who target valuable products like spirits. We get elderly people who target meat, and we get those who go for the small high-value items like women's face creams, which are in tiny containers and can cost £50. They reach up at these products and flick one into their loose sleeve before transferring it to their pocket or bag. Waitrose are lacking here because they don't tag these small high-value items, while they do tag things like electric toothbrushes (costing £150), which no one wants to steal anyway, so the tagging system isn't all it could be.

Me: *Does poverty and hardship figure in the stealing and can you tell when you see this?*

John: Certainly. There is no doubt that people generally are feeling the pinch and some are desperate, but it's not for me to be a social worker, and I can't put the world to rights. I have a job to do and I try to do it to the best of my abilities. But I can tell you this: we have found nurses, teachers, benefit recipients, pensioners and all sorts who shoplift; there isn't a type you can lay your finger on. We even had a doctor recently who confessed that the reason he was shoplifting was stress. We get the criminal elements who move on around different stores and we have to be on our guard for our safety. Every day presents something different, and it's a constant source of anxiety to work here.

It was yet another conversation which helped my understanding of the world in which we now live, created for us by a government which seems intent on making people poorer and more desperate.

One other point worthy of mention, which would be funny if it were not serious – John also mentioned that some shoplifters are wearing masks to evade identification. You couldn't make it up could you?

- ***https://tinyurl.com/dc6mx5u8***
- ***https://tinyurl.com/52wz8js2***
- ***https://tinyurl.com/2s3tza7x***

Worker wins right to hold anti-Zionist views

by **FRANCESCA ABBOTT**

Academic was discriminated against for his political opinion

David Miller

The University of Bristol, England

DAVID Miller was a social science professor at the University of Bristol, with a special research interest in propaganda, lobbying and the structures of power.

He was sacked from his post at the university in 2021 for holding anti-Zionist views.

Prof. Miller was subject to no fewer than three separate investigations by his university, for alleged 'anti-semitism', for espousing the belief that Zionism is 'inherently racist, imperialist, and colonial'. The first complaint against him was made by an Israeli lobby group in 2019, shortly after his arrival, but the complaint was rejected.

According to Prof. Miller, the group then 'roped in' a student organisation to lodge a second complaint, which lasted two years through the lockdowns, and the QC who adjudicated the complaint cleared him on all counts. Just six weeks later, a third complaint was made against him, and he was fired.

Prof. Miller took the University of Bristol to court, and on February 5 this year, the tribunal ruled in his favour, finding he had been discriminated against and unfairly dismissed.

In an interview on UK Column, David Miller provides details of the campaign against him, claiming that over a hundred members of the House of Lords wrote to the university to put pressure on it to fire him, as did members of the House of Commons from seven different political parties, as well as Zionist professors from all over the world and from his own university.

If we didn't know already that our houses of parliament, in some quarters, appear to be under the control of a densely-woven network of Zionist organisations, which Prof. Miller conservatively estimates to be over 2,000 in number in the UK alone, we do now.

And we have learnt that these organisations are engaged in suppressing academic freedom and freedom of opinion in our institutions of education.

Never has the intensity of the Zionist networks' operations been so great as it is now, as they try to justify, promote and excuse the alleged genocide in Gaza. Ironically, nor has Prof. Miller's expertise on propaganda, lobbying and the structures of power been more relevant.

The determination and integrity of a few academics and lawyers serve as a beacon of light, for the court case has set the important precedent that anti-Zionist views are legally protected in the workplace.

- *https://www.ukcolumn.org/video/uk-column-news-7th-february-2024*
- *https://tinyurl.com/yyvrnskd*

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Failing to read the room

MPs turn blind eye to critics of the globalist agenda

MPs are not representing us but are following orders from above, imposing the technocratic Great Reset. They complain about microaggressions, while committing macroaggressions against us

House of Commons main chamber

USEFUL RESOURCES

- *MP Huw Merriman speaks out over Northeye: https://tinyurl.com/37rvwwja*
- *Rishi Sunak deals with intimidation MPs Angela Rayner: https://tinyurl.com/musaj2vp*
- *Nokes under fire for brushing off asylum system-flaws: https://tinyurl.com/5dxmyjve*
- *Police name Clapham chemical assault suspect as Abdul Ezedi: https://tinyurl.com/mwks7kjd*
- *Rapist Yaqub Ahmed lawyers hire BBC Africa editor appeal block Somalia deportation: https://tinyurl.com/37af3unj*
- *BBC news Nottinghamshire, England: https://tinyurl.com/yrwx96a5*
- *Sutton men raped woman-Carshalton alleyway: https://tinyurl.com/2zu6d6tj*
- *Dublin riot psyop collapses under scrutiny: https://tinyurl.com/2rjpa66y*
- *Jo Brand joke-police latest-battery acid-Nigel Farage: https://tinyurl.com/mu68kfjk*

by **NIALL McCRAE**

IN a rare recent public appearance last week, my local MP, Huw Merriman, held a meeting on a controversial Home Office plan to build a migrant camp.

One constituent, frustrated by Merriman's failure to answer his question, invited everyone against the camp to stand up. Facing almost unanimous opposition, Merriman blustered that he was affording people their democratic rights.

But democracy is not merely letting everyone have their say - it's doing what voters want.

Increasingly, MPs whinge about nasty reactions they get from members of the public. Some are quitting, blaming such hostility, when a more likely motive is to avoid humiliating defeat in the forthcoming general election. MPs have shown themselves to be worse than useless. Rishi Sunak, Tobias Ellwood, Angela Rayner and other prominent figures pursue better protection for themselves, while endangering us with open borders.

MP Caroline Nokes displayed these double standards on BBC Question Time. Clearly uncomfortable discussing the chemical attack on a mother and two children by an Afghan man in Clapham, she said: "I think it's wrong to comment on that."

Instead she pontificated on the woke concept of 'microaggressions'. She is not losing any sleep over the threat to public safety caused by the Tories' lax immigration system, but is concerned about perceived subtle sexist attitudes in the corridors of power. With the Conservatives facing wipe-out, many of her fellow MPs were dismayed at this inability to read the room.

While the government tightens the ratchet on our freedom of speech, and the police and criminal justice system treat outspoken critics as 'domestic terrorists', the real violators are left to roam our streets. The Prevent scheme does not focus on Islamists but on 'white supremacists' (a category so loose as to include past support for UKIP, or putting 'all lives matter' stickers on lampposts).

Abdul Ezedi, the Clapham attacker, entered the country in the back of a lorry. Living in Newcastle, he was convicted of a sexual assault on a teenager and was on the sex offender register. On his third appeal against deportation (at our expense) he was granted the right to remain by a judge, after his claimed conversion to Christianity.

Absurdly, the crime itself may be used by our corrupt establishment as a reason to prevent removal. As reported by the Mail on Sunday, BBC World Service Africa editor, Mary Harper, offered her services on at least 15 occasions to defend Somali criminals. For example, she told a court that Yaqub Ahmed, perpetrator of a horrific sex attack, would be in danger if returned to Somalia because of the crime he had committed.

Immediately following any killing spree by migrants, we are told by politicians to reject hate, in the form of a phantom 'far-right' backlash.

This never really happens, but the stabbings, rapes and shootings by migrants do recur. In Nottingham, two 19-year-old students and an older man were stabbed to death by a man from Guinea-Bissau (Valdo Calocane was sent to a high-security mental hospital after the court accepted a plea of manslaughter on diminished responsibility).

The broader responsibility for these shocking events is certainly diminished - our neglectful government and civil institutions should be protecting us but simply do not care.

A few years ago, when I lived in a sedate suburb of south-west London, an alley used by parents to take their children to school was the scene of a traumatic incident.

Two Romanian men, who had been living on the streets near Victoria coach station, decided to go out of town in search of carnal satisfaction. They raped a woman in her early 50s, before fleeing. A brave local man chased one of the attackers and eventually caught him, with help from a neighbour of mine, as he tried to climb over a garage roof. Radian Cojorcaru and Gabriel Sebastian Bejinariu were convicted, but why were they here?

Boatloads of undocumented illegal migrants cross the English Channel daily, aided by the RNLI and Royal Navy. They cannot be legitimate asylum seekers, having crossed the wonderfully tolerant EU. These are the young males for whom Merriman feels a moral duty to accommodate in Bexhill-on-Sea.

I wonder whether the establishment sees benefit in these dreadful incidents. Each time they happen, it contributes to the problem-reaction-solution process, softening society for more authoritarian laws.

Ex-Irish Independent investigative journalist, Gemma O'Doherty, argues that many incidents involving migrants are staged.

There was no politicians' clamour for punishment of comedian and BBC presenter Jo Brand when, some years ago, she suggested throwing battery acid at Nigel Farage, but an example was made of commoner Amy Dalla Mura for calling MP Anna Soubry a traitor, for trying to overturn the will of the people on Brexit.

It should be obvious that MPs are not representing us, but are following orders from above, imposing the technocratic Great Reset and gradually destroying all that is good in our culture. They complain about microaggressions, while committing macroaggressions against us.

Thank God for A Stand in the Park

Making new friends who can see through all of the lies

by **ELLIS JAMES**

IN March 2020, when the hoax pandemic hit the UK, and we went into lockdown, the media was forcing its propaganda on the British people.

We were locked down and masked up, due to a deadly virus with nearly a 100 per cent survival rate. The virus was even downgraded on March 19 from a 'high consequence infectious disease'.

I was working in the NHS at the time, where there were two empty wards, which I had never seen before. A&E was empty; we even had the army standing guard outside A&E for a short time too.

The yellow-line tape was stuck on the whole length of corridor. The corridor width is only 3ft, so people were passing each other less than 6ft apart; where was the common sense in that?

On one occasion, I went into one of the wards and a discharge nurse had her face in her hands. I asked her if she was okay; she said: "I am not allowed to discharge patients and they are well enough to go home." None of this made any sense at all.

I was forced to wear a mask all day, which caused me chest pain, brain fog and fatigue; very dangerous combination when administering medication, and it affected my health. NHS England staff were forced to get jabbed, and some lost their jobs because they did not consent to being forced to have a covid jab.

I decided to do my own research and saw a Telegram link to 'A Stand In The Park Australia'; in a park in nearly every part of the world, between 10-11am on a Sunday, there were people meeting who knew something didn't seem right.

I decided to go to my nearest park, and I met two people who confirmed that I was not going mad. Before long, more and more joined us. I was so relieved to have met all these lovely people, and knew at that point I was not alone.

I went on protests with my new friends in 2020 and 2021, which gave me hope that there were millions like me. I went to see my dad during lockdown. He is 86 years old and he told me from day one that it was a scam. He has never had any covid jab, and has stopped having the flu jab too. He has never had covid.

Now, we still meet in the park every Sunday, then on to a pub till sometimes very late in the day. We now welcome people who are jabbed and unjabbed. People wake up at different times. We can help point them in the right direction to improve their health and also help them research the truth that truly evil psychopaths are trying to control humanity.

Thank God for 'A Stand In The Park', otherwise I would never have met these wonderful people and may have gone totally mad. I now have friends for life, and my old friends? Until they wake up, they have nothing in common with me, but I will always be there for them when they see the world that I see.

Private travel under threat

by **JONATHAN TILT**

To prevent the demonisation, restriction and elimination of private travel, we need to elect candidates who are prepared to call out the global warming and climate alarmism for the fraud that it so obviously is

SEVERE restrictions on private driving in urban areas are now being imposed across Klaus Schwab's World Economic Forum empire.

Dublin and Paris are among the cities recently announcing restrictions on private vehicles entering city centres.

Jonathan Tilt

West Yorkshire, it would appear, has plans to go a step further and completely phase out all travel by private vehicle. The smoking gun is one of the election pledges made by Labour mayor Tracy Brabin, in the previous election in 2021.

Brabin's transport pledge states: 'Journeys through our region can include many transport forms including walking, cycling, bus, train and in future the mass transit'

This jumbled sentence has a lot of 'including' in it but absolutely no mention of travel by private vehicle, which currently accounts for 84 per cent of journeys.

I believe the omission of private travel is not an oversight, but deliberate signposting of future Labour transport policy within the county.

Measures to achieve this objective will probably include:

- Oxford-style passes for driving outside your designated zone.
- Restricting town and city centre parking to vehicles that are either electric or driven by designated essential workers.
- Banning diesel and then petrol vehicles from key arterial routes, which will make travel by these vehicles extremely difficult.
- Introducing, in conjunction with a Keir Starmer government, local fuel taxes additional to existing national taxes.

While there is truth in 'Vote Keir get Klaus', the other parties are not to be trusted either. They all adhere to the fake climate alarmism and the war on carbon that inevitably flows from it. The speed of travel may differ, but the direction won't.

To prevent the demonisation, restriction and elimination of private travel, we need to elect candidates who are prepared to call out the global warming and climate alarmism for the fraud that it so obviously is.

I am standing as an independent candidate in the West Yorkshire mayoral election on May 2 this year, to offer precisely that option to the electorate.

- ***If you can support me in any way please make contact via the website: www.jonathan-tilt.co.uk or directly at: jonathan@jonathan-tilt.co.uk.***
- ***https://tinyurl.com/5n752tbv***

Hidden power of artistic minds

Get in creative flow to deal tyranny a blow

by **FRANCIS O'NEILL**

IN 2020, the British government released a photograph of a ballet dancer with the caption 'Fatima's next job could be in cyber (she just doesn't know it yet)' followed by the slogan 'Rethink. Reboot. Reskill.'

This image seemed to clarify the intention of the state to drive those working in the arts into more prosaic occupations.

Lockdowns could not have been designed much better as a way of acheiving this aim. In the UK, company employees received furlough that paid 80 per cent of their wages, but the self-employed (including many artists) received 80 per cent of their profits only.

These self-employed were asked to cover all their professional and personal expenses with less than their often meagre profits. Those arts courses that did not fold moved to a much more unsatisfactory position, online.

It is clear that totalitarianism does not favour independent thought. George Bush Jnr made this clear when he stated: "You are either with us or you are with the terrorists."

David Cameron referred to those who questioned government narratives as 'non-violent extremists', conflating them with terrorists. More recently, London mayor Sadiq Khan labelled anti-ULEZ (ultra low emission zone) demonstrators as extreme when he denounced them as 'far right'.

The desire to eradicate independent thought was elucidated by World Economic Forum spokesman Yuval Noah Harari when he spoke of a "new era in which humans are now hackable animals... (and) the whole idea that humans have... this soul or spirit and they have free will... that's over."

I previously questioned whether the general public's failure to recognise the authoritarian agenda could be related to a failure to cultivate creativity and imagination, due to narrow parameters of education and passive entertainment.

Is there a link between creative pursuits and independent thought?

In the 1970s psychologist Mihály Csíkszentmihályi identified what he termed the flow state.

He said: 'The founding researchers of flow were originally studying creativity. They noticed that when painting was going well for artists, the painters developed a deep focus, persisting in their work. They would even ignore hunger and overcome fatigue to continue to paint. This experience, now understood as a flow state, is when we are completely focused – so much so that we might forget to eat or use the bathroom.

A government advert asking us to rethink artistic vocations

Thoughts, feelings, wishes, and actions are all aligned.'

But why would this be a challenge to authoritarianism?

Investigation into the flow state found that it produced a number of benefits.

With increased flow, people experience growth toward emotional complexity. This can help people develop skills that allow them to regulate their emotions more effectively.'

This would be unhelpful for a state and media that uses emotions to manipulate people.

People in a flow state enjoy what they are doing more... research also suggests that flow states may be linked to increased levels of happiness, satisfaction, and self-actualisation.

Happiness and self-actualisation are not helpful to a state that relies upon fear and subjugation to maintain control.

Because flow is a positive mental state, it can help increase motivation. Intrinsic motivation involves doing things for internal rewards (how they make you feel) vs. external rewards (such as prizes or payment).

Those who value internal rewards are more resistant to the influence of external inducements and pressures.

Researchers have found that flow can enhance performance in a wide variety of areas including teaching, learning, athletics, and artistic creativity.

The more competent a person becomes the more their confidence grows - making them more formidable adversaries for an oppressor.

Because the act of achieving flow indicates a substantial mastery of a certain skill, people have to keep seeking new challenges and information in order to maintain this state.

Flow states often take place during creative tasks, which can help inspire greater creative and artistic pursuits.

The more skilled and creative a person becomes, the more capable they are at communicating and solving problems.

To attain the flow state, a task has to be intrinsically rewarding or 'autotelic' (from the Greek: auto=self, telos=goal). It must be challenging and require complete focus, but still be attainable. The activity must provide immediate feedback and allow for personal control over the situation and the outcome.

Generally non-academic courses such as vocational courses, computer science and art have the highest levels of flow. In academic subjects, mathematics have the highest levels, while subjects such as English and science have much lower levels of flow.

The flow state demands a balance between skill and challenge. This necessitates the development of a skill and the opportunity to apply it. Unchallenging occupations and passive temptations divert us from the experience.

Flow may be a state of ultimate enjoyment, but it requires effort and work, at least to begin with. But everyday pleasures do not take effort; they are passive. It's far too easy to switch the TV on, and it is the effortlessness that 'sells' this mildly pleasurable activity to us.

Where the flow state is facilitated by modern technology, the activity is not necessarily morally positive – for example, online gambling.

Mobile phone interruptions and the ubiquity of video and audio recordings deny people access to the flow state.

According to psychologists, every time you get interrupted from a task you're focused on, it takes you twenty-three minutes to re-attain that level of focus.

On average, a college student can only stay focused on a single task for sixty-five seconds. A fully-grown adult does just marginally better, clocking in at three minutes per task.

The simultaneous use of two computer screens has become commonplace and is also an issue.

Neuroscientific studies have shown that people who multitask frequently have lower density of grey matter in the part of their brain that is involved in decision-making, learning, and cognitive control.'

In contrast, the current literature provides much evidence to suggest that engaging in activities that produce flow offers many beneficial outcomes for the adolescent population, including increased concentration, happiness, strength, motivation, self-esteem, optimism, future mindedness, cheerfulness, friendliness, sociability, intrinsic motivation, enjoyment, interest in family communication, control, positive experiences, commitment to education and academic achievement.

This seems to be the opposite of what was achieved by lockdown and to the desires of an authoritarian regime.

Csikszentmihalyi spoke of an autotelic personality – a person who 'generally does things for their own sake rather than in order to achieve some later external goal'. These people develop skills that help them get into the flow state frequently; skills like curiosity, interest in life, persistence and low self-centredness.

As has been said: 'No society wants you to become wise... if people are wise they cannot be exploited.'

- ***https://francisoneill.substack.com/p/is-creativity-under-attack***

Little book of peace: Part 2

By **STUART FARR**

Tyranny is the result of POWER, not AUTHORITY. To undermine tyranny, we must understand this fundamental difference...

RIGHTS

Some people believe they have the right to affordable housing or a 'living wage'. Many believe they have the right to healthcare, the right to vote, even the right to water.

Rights are appealing because they promise an easier life. We believe that without rights, life is a lawless, dangerous condition of suffering and exploitation.

Rights are guaranteed entitlements. But what in life is guaranteed? The sunrise? It is very, very likely. But seemingly assured events are free from our command.

Everything outside the mind takes place in a world beyond our dominion; there is no way of knowing if the sun will come up tomorrow.

You have no guaranteed entitlements, only the opportunity to respond to a world outside your control.

Rights are nothing more than ideas of individual people, their attempt to create certainty. To force a guarantee that they believe they are entitled to.

Such rights can be vague and ambiguous; open to interpretation. They can be edited and adjusted in perpetuity. They can be upheld forever, or abolished as soon as conceived. And we cannot even prove they exist.

If rights do not exist, they cannot be bestowed by God, described by a monarch, protected by some union or enshrined in any document.

You may hope we at least have the right to life. We do not.

It is more accurate to say that we have the opportunity to live—no one has the right to prevent us!

Human rights do not exist.

AUTHORITY

Authority is considered to be the 'right' to determine, adjudicate, command or control.

There are no rights—no guaranteed entitlements—so there can be no authority to command or control anyone. All we have is the ability to respond to reality, to the world outside our control. The opportunity to command or control ourselves.

As nobody can possibly have the right to command or control you, there can be...

NO AUTHORITY ABOVE YOU.

When people exert control over others, it is not authority; it is power.

We are all on a natural spectrum of ability – a hierarchy. Some people have great strength, whilst others have less. Some are smart, others naive. A few of us are born into wealth and power. Many acquire status through their achievements. Our differing circumstances give us influence over others.

Influence can be physical strength (force) or intellectual skill (persuasion).

Influence is power.

POWER is not AUTHORITY.

In some circumstances, we volunteer our conformity to the command or control of others. In the workplace, we agree to serve under a manager for mutual benefit. Or we may become a student to an older, wiser teacher. The religious surrender to God's ordinance. This is all consensual. In these situations, we retain our ability to choose because we can revoke our obedience at any time.

There is NO AUTHORITY ABOVE YOU, regardless of status. No intellect, wealth or self-belief gives anyone the right to interfere in your life.

There is no ritual, oath or uniform which changes this.

You are not required to explain yourself to anyone. You are not obliged to follow orders or obey rules. Anyone who claims different must prove it.

You are not a slave; you are the master.

You are nobody's master but your own.

Masters do not beg to be considered, plead or seek permission. Masters do not gather to protest, wave placards or chant. Masters do not circulate petitions asking to be taken seriously. Masters do not hand their power to other people by voting for them to act on their behalf.

You cannot assert your esteem as the master if you doubt yourself. Belief in oneself comes from accountability, and your willingness to accept consequences, if not responsibility.

There is no authority above you.

- ***This is the second excerpt from the short book AUTOMATIC PEACE.***
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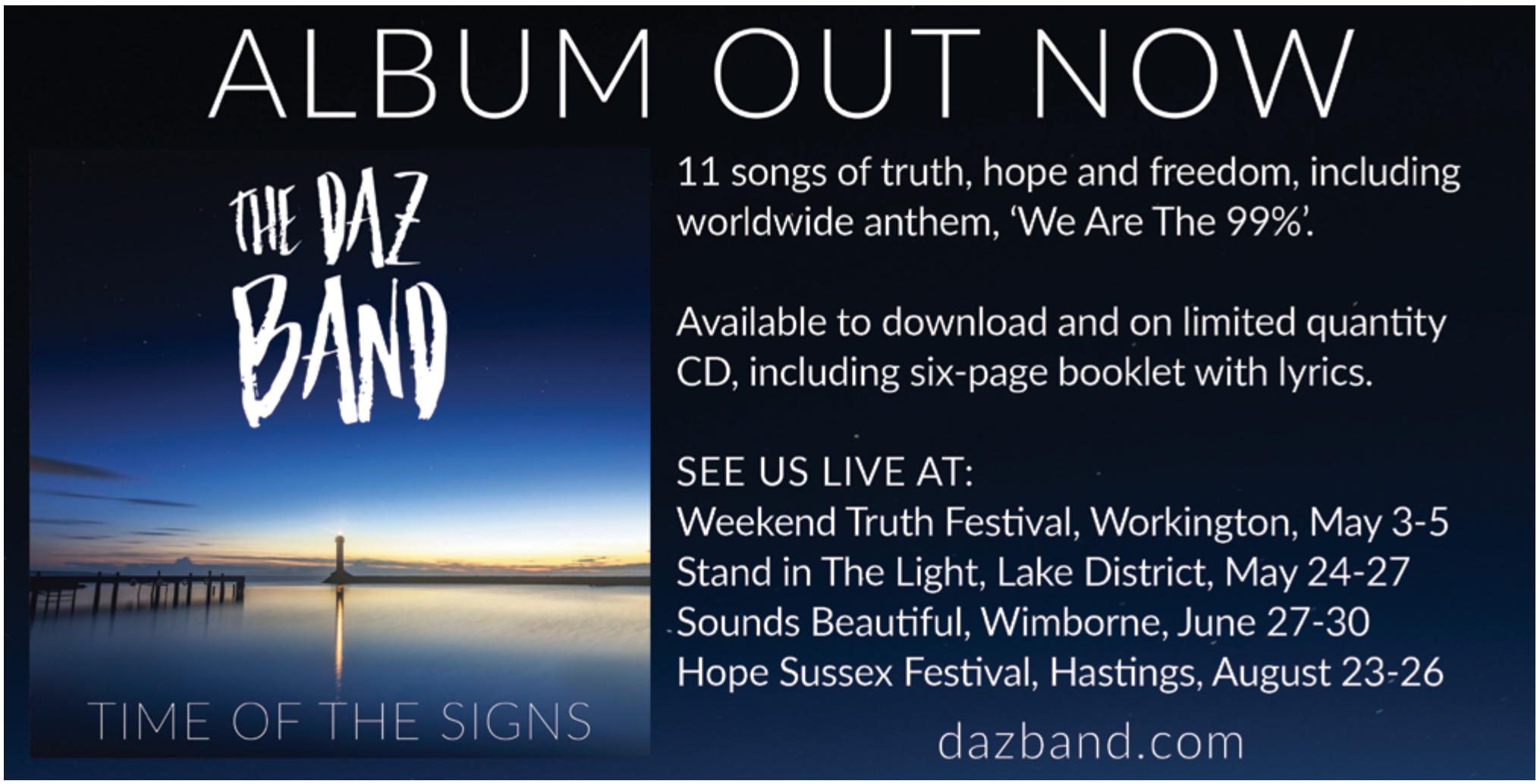

WALL TO WALL NEWS

UK: Mask slips - media exposed as mouthpiece fo

WORLD: GO BACK OVER RECENT EVENTS AND CHECK

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Hypocrisy over 'assassination' outrage

by **JACK SHADOW**

Political executions a tool for both East and West

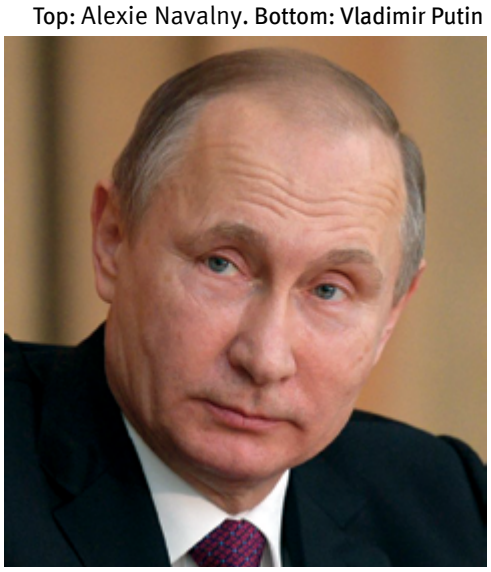
VLADIMIR Putin has allegedly assassinated most of his political opponents with the apparent blessing of his people.

Some of whom look adoringly at him whilst others are pensive and nervous. His latest alleged victim being Alexie Navalny. So his supporters are right to feel nervous of where the axe will fall next.

Perhaps the West's vociferous condemnation is justified. But it is hypocritical. We have seen political persecution and execution before. Here, in the West!

Western whistleblowers and critics are eliminated and mainstream media takes a very muted approach in its reports.

For example, the case of Julian Assange who exposed American crimes and has been persecuted and imprisoned relentlessly without trial in much the same way as Navalny.



Top: Alexie Navalny. Bottom: Vladimir Putin

Top: Dr David Kelly. Bottom: Bush and Blair

Then there was the case of Katherine Gun, who exposed the crimes of Bush and Blair during the Iraq debacle and would have been sent to prison, had not the fear of revelations prevented the Establishment proceeding.

At the same time, there was the case of weapons inspector Dr David Kelly, whose mysterious death was never properly investigated. There are many more.

Remember the Guildford Four, the Maguire Seven, Bloody Sunday, the Battle of Orgreave and, more recently, the Post Office scandal and Israel's invasion and theft of Palestine, to name but a few.

So the West should heed the saying about those in glasshouses not throwing bricks.

But unfortunately for democracy and fortunately for the Establishment, the public have short memories and are gullible. They will believe anything they are told by media propaganda.

The Western world differs little from the East and uses similar techniques to suppress its enemies. When the truth emerges years later, the present ruling Establishment will say "not me, gov".

How many 007s do we have who are licensed to kill On His Majesty's Secret Service?

Palestinian plight echoed through history

by **STEPHEN MARTIN**

'Live and let die' philosophy allows for enforced displacement of native populations

LEBENSRAUM is a concept of expansionism and nationalism, the philosophy of which was common to German politics from the 1890s to the 1940s.

The concept of Lebensraum is divisive, as it involves a separation of rights and cultural rule over our minds.

Though the concept is associated with a particular period of German political history, the expansionism concept has been around since time immemorial – at least as long as the concept of empires.

Thus the term is deployed in this article in a broader or more incorporative sense, rather than with reference to a particular period in a particular country.

Lebensraum is interpreted here as a form of antithesis of 'live and let live'. Thus it is that any form of colonisation can be interpreted as the expression of Lebensraum and entails the deadly ethos of 'live and let die'.

This ethos is where those who are to live under some variant of eugenics are divided from those who are to die. The concept of 'Nakba' – the enforced driving of an indigenous or native population from their homeland – is similarly a form of Lebensraum, finding expression in population reduction or geographical displacement.

In the history of the U.S., the reservations of native Americans – once termed 'Red Indians' – constitutes a clear parallel to Israeli colonisation and the reservations of Gaza and the West Bank.

Such parallels concerning Lebensraum as a concept exist across a wide geographic and geopolitical spectrum, and throughout history.

The evolution of the deadly concept of Lebensraum is measured through the empires it builds and its fruit, technology – but essentially it is a form of war in which cultural dominance of one over the other is pivotal.

And there is no doubt that technology has a clear role to play concerning the attainment of mind over mind.

The new ubermensch (a concept of Friedrich Nietzsche to describe a superman) in the 21st century is satanic – this evident by the inversions resulting in unprecedented levels of 'live and let die' genocide in recent times.

One of the most difficult concepts to tangle with, is the belief that the majority of humanity is benign and to contrast this with the manifold horror of what is occurring in the world now.

Voltaire puts it well in his premise that you can tell who rules over you by knowing who you are not allowed to criticise.

In America now, it is 'verboten' (forbidden, especially by an authority) to point out certain facts. The martyrdom of those who would speak the truth is evidenced via censorship, deplatforming and ultimately 'termination with extreme prejudice' - a CIA euphemism standing alongside the coining of its term 'conspiracy theorist'.

The reality is that the world is unipolar under the basis of a hitherto unprecedented accumulation of wealth translated into power.

Most of the lies we are told under Lebensraum exist as dots which remain unconnected to an emerging cultural dominance.

The ongoing Nakba of Ukraine and Israel are connected by a flow of monies and death – a unifying concept of genocide.

The tragedy of Lebensraum is that of usury (the lending of money at exorbitant interest rates) – from which nearly all of us suffer now by way of being involved in a 'sovereign nation' crippled by debt.

Thus has occurred a transfer of resources under a growing darkness of austerity.

Please pass The Light on when you've read it

Slovakian PM calls for excess deaths investigation

by **RICHARD MILLER**

NOT all political leaders are in hock to Big Pharma and ignoring the excess-death crisis which has occurred since the covid vax rollout, as is happening in the UK and Australia.

Slovakia Prime Minister Robert Fico has given a speech in parliament, saying that given the excess deaths in the country of 21,000, there will be an investigation into Covid-19 pandemic management and vaccines. His speech is below, but here is the best bit, showing that Fico means business:

"We have 21,000 deaths, which we connect with the fact that the governments that were here since 2020 were not capable of managing (the pandemic) and cared only about economic gains and of course made sure they were bowing to pharmaceutical companies from which they bought huge quantities of useless medical equipment and often also vaccines.

I don't even want to talk about the European level, you know that I have been very open and I said it to Madam President of the European Commission (Ursula von der Leyen) openly that the suspicions that are connected with her and to the purchase, the largest purchase in the history of the European Commission, of vaccines, when she literally exchanged secret SMS text messages with CEO of Pfizer (Albert Bourla), and when, to the ridicule of Members of the European Parliament, a report was issued that was completely blacked out, we will simply never be able to find out the truth of what role pharmaceutical companies played and who actually organized this whole circus around covid-19.

Under these conditions, ladies and gentlemen, the government of Slovak Republic has decided that it will include into the Government's Program Statement, a commitment that it will settle this issue. The Slovak public simply needs an answer, needs an answer in regards to vaccination, what it actually was. Why were people vaccinated with various experimental vaccines without any trials? Why were all sorts of drugs forced into people? Why was there state-wide testing? Who was buying? Why were they buying? What quantities were being bought? How much money did it cost?"

Slovakian Prime Minister Robert Fico

Why were all sorts of drugs forced into people? Why was there state-wide testing? Who was buying? Why were they buying? What quantities were being bought? How much money did it cost?"

It will be of great interest to see what the investigation uncovers.

Speech transcript - translation by Dr. William Makis:

"Ladies and gentlemen of Progressive Slovakia and the Opposition parties, have you seen the statistics on how our deaths have risen from various cardiovascular events due to vaccination?

But you reject it, of course you reject it, while you claim that (covid-19) vaccination was the best thing in the world.

What do you know about how many vaccines we have left over that expired and how much money was thrown away into the air? What do you know about purchases of medical equipment and tests? You know that we demonstrated very clearly the connection of one company from Trnava (Slovakia) to the chairman of one of the opposition political parties.

Hundreds of thousands, millions worth of purchases, completely useless. What do you know about management? What do you know about what was going on in terms of taking various measures which, in our view, significantly increased the morbidity than was perhaps the case in other countries?

And you all laughed at the other states, other countries. You laughed at Russia, where they stood on the principle of individual visits of patients by doctors, and they managed it significantly better than we managed it here in Slovakia.

We have 21,000 deaths, which we connect with the fact that the governments that were here since 2020 were not capable of managing (the pandemic) and cared only about economic gains and of course made sure they were bowing to pharmaceutical companies from which they bought huge quantities of useless medical equipment and often also vaccines.

And we'll end up at billions, at billions, you can grin all you want because you don't even know anything other than showing disrespect for another opinion. You know democracy is about sometimes respecting another opinion. When you are here discussing for the third week talking about the Criminal Code, nobody is swearing at you, we are listening to you, you are talking, so please be kind enough if we have a different opinion, then please respect it even if you disagree with it.

Under these conditions, we have decided that we will create an Office of the Government Plenipotentiary which will be dealing with these questions. Today, we have not only appointed the Director of Plenipotentiary, but we've also empowered him when it comes to obtaining information from various Institutions, in particular we will be obtaining information from the Chief Hygienist, we will be asking questions at the National Health Information Centre. We still want to know, based on what we currently have available to us, what actually happened.

I think that Dr. Kotlar, Member of the National Assembly, is sufficiently equipped in terms of information. I see that he is also prepared in terms of assembling a team. I have requested from him that before we make any public statements, that we have first gone through everything at the government, and I am absolutely convinced that his work will lead to results that we will make public and we will tell the Slovak public what in God's name happened during covid.

We know today one thing for sure: previous governments completely failed to manage covid properly and have around their necks 21,000 dead people and apparently they made a huge amount of money on the unnecessary purchases of various medical equipment and vaccines.

Thank you very much."

● ***https://tinyurl.com/2yv6je8h***

Financial gain of genocide

Parallels between Rwanda and Gaza massacres

by **IAN FANTOM**

IS Rwanda a safe place to send 'illegal migrants' arriving in the UK? The Supreme Court says no, but the government says yes.

Yet one only has to look across the border into the Kivu province of Congo to see the dangers.

The Tutsi-led M23 rebels have been terrorising the various Bantu populations for years, and the fighting flared up again at the end of 2021. Now M23 is advancing toward the town of Goma in Kivu province.

One concern about sending UK immigrants to Rwanda has been that it could destabilise an area which has suffered genocide in the recent past.

Various sources state that the M23 in Kivu is recruiting locals from 18 to 50 years on a voluntary basis in some places and forcibly in others.

People are fearful, and can spend a whole night in the forest to avoid the M23.

"We have become wild animals," said one of them. "Rwanda has been proclaimed as a peaceful country, but internally people are suffering greatly, because no-one is allowed to criticise the governing powers. In Rwanda there is no freedom of speech."

One local said that the contract between Britain and Rwanda would make their suffering worse, and even intensify the war, as Rwanda does not have enough space for refugees, and could lead to a fight for more land in Congo.

But why Rwanda? Does the UK have a special relationship with Rwanda?

Rwanda from 1897 had been colonised by Germany, which applied a policy of 'indirect rule'. The upper classes were identifiably Tutsi. However, there had been much intermarriage between Tutsis and Hutus, and they spoke the same language, so the distinction was not purely racial.

When control was passed to Belgium the authorities legally mandated ethnic affiliation, and issued identity cards. They defined 'Tutsi' as anyone owning more than ten cows (a sign of wealth) or with the physical features of a longer thin nose, high cheekbones, and being over six feet tall, all of which are common descriptions associated with the Tutsi.

Belgian administrators were influenced by the 'Hamitic hypothesis', which suggested that the Tutsi were partially descended from a Hamitic people and were therefore inherently superior to the Hutu who were seen as purely African. Hamites and Semites were seen as originating in Europe.

Artwork: edStein

The monarchy in pre-colonial times consisted of Tutsis, and this continued under colonial rule, which favoured the Tutsis, until 1959, when there was a Hutu revolution.

Tutsis fled to Uganda and Burundi, forming the Rwandan Patriotic Front in 1961. However, with independence in 1962, Rwanda became a mono-ethnic, single-party state, placing restrictions on Tutsis.

Tutsi grievances and their demand to return to Rwanda were ignored, and the country's president, Gregoire Kayibanda, said in 1964 that "if the Tutsis ever seek to obtain political power again, they will find that the whole Tutsi race will be wiped out."

Then came the genocide of 1994.

The Centre for Crime and Justice Studies in 2010 published a paper by criminologist Hazel Cameron, called 'Britain's hidden role in Rwandan state violence'.

She discussed a long history of Anglophone-Francophone language rivalry in the area. In 1986, the Rwandan Tutsi refugees in exile in Anglophone Uganda formed a rebel guerrilla organisation in opposition to the Francophone government of Rwanda.

The rebels' military wing became known as the Rwanda Patriotic Army (RPA) and the political section, the Rwandan Patriotic Front (RPF). RPA leader Paul Kagame received military training from both the U.S. and the British militaries, and the British developed an intelligence network with the RPA.

In 1990 the RPA invaded Rwanda, but the Rwandan government repelled the attack, with the assistance of the French military. The order for this invasion was apparently made with the full knowledge and approval of the British and American intelligence services.

Thus began almost four years of civil war between the Hutu-dominated government, overtly supported by the French, and the Kagame-led Tutsi rebels of the RPA, supported somewhat less overtly by the British and U.S. governments.

The civil war culminated in the Rwandan genocide in 1994, with an RPA government under the presidency of Kagame. Studies indicate that the RPA massacred tens of thousands of civilians, and that there was a conscious attempt by Western government officials to 'cover up' reports of RPF killings.

Fuelling this military intervention are mineral resources in the area – tin, tungsten, coltan, gold, tantalum and cobalt – which are said to be of crucial importance for the U.S. defence industry.

United Nations reports 'query whether UK development aid to Rwanda has in fact partially financed the Congo wars, thereby passively facilitating the exploitation of the resources of the Democratic Republic of the Congo and the continuation of the conflict, either willingly or otherwise. '

Criminologist Cameron states that 'the unlawful removal of valuable raw materials in the Congo has received the support of the governments of Britain and the United States and their respective corporate interests since 1996.'

The UK has been one of President Kagame's staunchest allies and is the country's largest financial donor, and has also provided training and strategic/tactical advice to Rwanda in respect of its incursions into the Democratic Republic of the Congo.

Cameron continues: 'It is clear that former Prime Minister Blair had full knowledge of the UK's 'passive' role in war crimes.

'Post-premiership Tony Blair has maintained his relationship with Paul Kagame, announcing his official role as Kagame's unpaid personal adviser.'

At each stage I see more parallels with the situation in Israel and Palestine. Both involved genocide. Both invoked a 'superior race' and both genocides were largely ignored by the international community, or even encouraged. In both cases the UN was ineffective.

And the involvement of Blair in Rwanda is reminiscent of his role as Peace Envoy in the Middle East.

Now there is talk of him becoming 'Gaza Humanitarian Coordinator'.

Bill Clinton was once asked what he thought the main issue would be in the next election. 'The economy, stupid,' he famously replied.

But who is ultimately behind the conflicts in both Rwanda and Gaza? I think the answer has to be: 'The bankers, stupid.'

USEFUL RESOURCES

- ***AA-v-SSHD judgment: https://tinyurl.com/ysua4v52***
- ***Sunak says emergency law will ensure legal action can't delay Rwanda migrant flights: https://tinyurl.com/4stzx68r***
- ***Ruanda-Urundi: https://tinyurl.com/3vra7x9a***
- ***Britain's hidden role in Rwandan state violence: https://tinyurl.com/a76vus8a***
- ***Did the UN help in the Rwandan genocide?: https://tinyurl.com/36c3pr7w***
- ***Israel Seeking to Appoint UK's Tony Blair as Gaza Humanitarian Coordinator: https://tinyurl.com/3x4crrbm***

Education change promotes abortion

by **PAUL BENNETT**

RADICAL changes to the Relationships and Sexuality Education (RSE) curriculum in Northern Ireland schools will now include teaching children about abortion and how to access abortion services.

In late 2023, the Catholic Schools Trustee Service (CSTS), a sectoral body that represents the Catholic family of schools in Northern Ireland, issued a statement in response to 'abortion ideology' being taught to post-primary schoolchildren.

The CSTS believe the radical new changes 'directly undermine the rights of parents' who wish to educate their children in accordance with their moral, ethical, and religious belief systems 'as is recognised through international human rights legislation.'

The Catholic Trustees are worried that the pro-abortion educational legislation 'potentially imposes a specific ideological view of abortion and the prevention of early pregnancy which directly challenges the rights of Catholic schools to offer a faith-based worldview on such matters.'

Chairman of the CSTS, Bishop of Derry Donal McKeown said: "There is no ethically neutral or value-free approach to the question of when human life begins. The expectation that schools should become engaged in the delivery of an allegedly neutral curriculum which highlights access to abortion shows no understanding of the foundational principles of Catholic education."

The Relationships and Sexuality Education (Northern Ireland) (Amendment) Regulations 2023 aims to achieve 'age-appropriate, comprehensive and scientifically accurate education on sexual and reproductive health and rights, covering prevention of early pregnancy and access to abortion.'

Last June, Secretary of State to Northern Ireland Chris Heaton-Harris, approved the mandatory regulations at Westminster that will force schools in Northern Ireland to teach 11–16-year-olds about abortion and information about how to access contraception.

Heaton-Harris said providing accurate information about contraception and abortion in schools was 'fundamental' to the wellbeing of young people in Northern Ireland.

Precious Life, a large pro-life group in Northern Ireland responded to the new RSE requirements by saying: 'Not content with 4,316 babies already killed in Northern Ireland, the Westminster Government wants even more babies killed by promoting abortion to school children.'

Before the legislation was imposed in June, schools across Northern Ireland had individual autonomy to decide what to teach pupils regarding sex education based on school ethos and faith.

During a debate about the revised sex-ed changes, Democratic Unionist Party (DUP) MP for Upper Bann, and Chair of the All-Party Parliamentary Pro-Life Group Carla Lockhart, said abortion cannot be taught in a 'morally neutral' way and shouldn't be 'normalised'.

The MP believes that teaching children about abortion only "diminishes the value of life because if young people are taught about the legal availability of abortion and how to access it, they are more likely to do so in greater numbers".

Northern Ireland once had some of the strictest abortion laws in the world. Since 1967, Northern Ireland was the only part of the United Kingdom where abortion remained unlawful. But now it is claimed Northern Ireland has one of the most open abortion laws in Europe. It is understood disabled babies can be aborted right up to birth under the abhorrent regulations.

Northern Ireland abortion laws were passed in the House of Commons by British MPs at Westminster in 2019. Due to a collapse in a power-sharing government between the DUP and Sinn Fein in January 2017, Northern Ireland had a nonfunctioning assembly and therefore was governed by direct rule from Westminster.

Pro-abortion party on both sides of the Irish border, Sinn Fein, was one of the main instigators in persuading Westminster to legalise abortion in Northern Ireland.

The island of Ireland has seen radical and unprecedented change in recent years regarding abortion.

In May 2018, the Republic of Ireland voted to legalise abortion in large numbers, ending Ireland's legacy as one of the world's most pro-life sacred nations.

Since legalising abortion, Northern Ireland has introduced anti-prayer exclusion zones near abortion facilities recently. The exclusion zones will greatly impact free speech of pro-life activists and criminalise and ban pro-life vigils and gatherings.

According to RightToLife News: 'The results of a consultation by the Department of Education in Northern Ireland have revealed that 73% of respondents are opposed to sex education resources covering access to abortion.'

- ***SPUC slams new pro-abortion sex-ed in NI schools as "indoctrination, not education" : https://tinyurl.com/4yd4xta7***
- ***https://righttolife.org.uk/equallyhuman***

New monthly series: True pearls of wisdom

This month: From musician **Frank Zappa** (1940-1993)

by **RICHARD HOUSE**

A mind's like a parachute so open it

'WITHOUT deviation from the norm, progress isn't possible.

A mind is like a parachute. It doesn't work if it's not open…. Unbind your mind; there is no time.

If you wanna grow up, which most people don't... take responsibility for your own reality and deal with it on your own terms.

The illusion of freedom will continue as long as it's profitable to continue the illusion. At the point where the illusion becomes too expensive to maintain, they will just take down the scenery...

"I'm vile and perverted.. I'm the tool of the government and industry too. For I'm destined to rule and regulate you... I'll make you think I'm delicious with the stuff that I say... Have you guessed me yet? I'm the slime oozing out of your TV set."

Our news is just as contrived and controlled as Pravda!... Sometimes the amount of bias that's imposed... is so laughable that it gives you an extra layer of entertainment.

Schools train a person to be a functional ignoramus... If you want to get laid, go to college. If you want an education, go to the library.

People have a right to decide their own destinies; people own themselves... In a democracy, you own the government. It doesn't own you.

We live in a very special time.... At no other time in history has there been such mass disillusionment in terms of reliance on governing functions.... Being cynical is the only way to deal with modern civilisation.

There's no such thing as a dirty word.... It's raw, unbridled superstition for these people to claim that words can harm you.

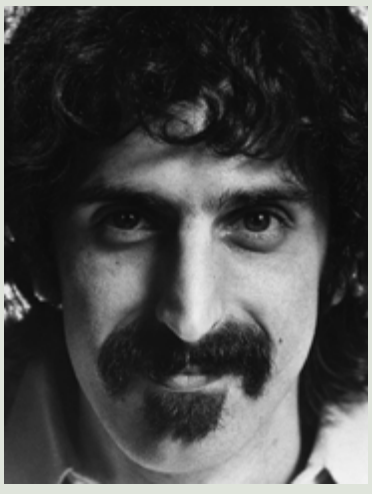
The Libertarians kind of have the right idea on drugs. Basically, their theory is that you own your own body, and the government should get out of your face.

Sometimes you got to get sick before you can feel better.

Mr Gorbachev has apparently stumbled on to one of the best-kept secrets in recent Soviet history: Communism doesn't work... because people like to own stuff.

The computer can't tell you the emotional story. It can give you the exact mathematical design, but what's missing are the eyebrows.

I resent it when other people try to inflict their ideas of betterness on me... The most important thing to do in your life is to not interfere with somebody else's life.'



Frank Zappa

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Children suffer near 5G towers

by **ETHAN HUFF**

5G antennas cause children to suffer headaches, stomach pain and sleeping problems

NEW peer-reviewed research has found that children who get too close to 5G wireless towers develop serious health problems such as chronic headaches, stomach pain, and difficulty sleeping.

Three children and their parents came down with these and other symptoms, after vacationing at a summer home located just 125 metres away from a mobile phone tower with multiple 5G antennas.

Published in the journal Annals of Clinical and Medical Case Reports, the study reveals that the family members' symptoms quickly subsided after they left the summer home and went back to their regular home, which is not located as close to 5G antennas.

The children, who ranged in age from four to eight, also developed emotional symptoms from being in close proximity to the 5G antennas. These include heightened irritability, as the radiation inflamed their senses.

5G is a possible death sentence for humans.

Photo: 5galert.com

Dr. Lennart Hardell, a leading scientist on cancer risks from radiation, and Mona Nilsson put together their own report about how 5G affects the health of young children, with Hardell, an oncologist and epidemiologist, telling The Defender the following:

'It is well known in medicine that children are more sensitive to toxic agents than grownups. Moreover, they have a longer life expectancy so chronic health issues may develop over a longer time.'

According to Hardell, 5G is still 'quite new,' which means there is very little study into its effects. It is almost as if government regulators gave the telecommunications industry rubber-stamp approval for the wireless technology without having first proven that it is safe.'

Miriam Eckenfels-Garcia, director of the Children's Health Defense (CHD) Electromagnetic Radiation & Wireless program, stated that the 5G rollout is 'another example of financial and industry interests trumping the protection of our children's health.'

'As in this case study, we see the negative health impacts of this technology and instead of applying the precautionary principle until we can determine the full scope of health and environmental impacts, our government agencies – captured by industry – are allowing 5G to be installed anywhere and everywhere,' Eckenfels-Garcia told The Defender.

'CHD is doing all it can to push back against this dangerous development through litigation, education and advocacy, and we are grateful to scientists like Dr. Hardell and Mona Nilsson for shining light on these cases.'

For the vacation home study, the family who went there was asked to fill in a questionnaire following their visit about the symptoms they and their children suffered while on holiday. They were asked to rank the severity of each symptom on a scale from 1 to 10.

All three of the children, aged four, six and eight, reported having trouble sleeping and suffering emotional symptoms that included 'irritability' and 'emotive', both of which ranked at a level 10, the highest level.

'Two of the children got diarrhea, pain in the stomach and headache graded between 8 and 3 on the severity scale,' the study states. 'The child aged 6 years who did not get pain in the stomach and diarrhea, got skin rashes graded 8 on the severity scale.'

'The symptoms appeared soon after the arrival to the house and disappeared after they came home, where radiation levels were considerably lower.'

Responding to the findings, Nilsson, who manages the Swedish Radiation Protection Foundation, said that she finds them 'very concerning,' adding that children of that age should not yet be suffering from such symptoms, though they increasingly are as the 'expected effects from increasing exposure to RF radiation.'

- ***5G antennas cause children to suffer headaches, stomach pain and sleeping problems: https://tinyurl.com/48nrz2w7***
- ***Case Report: Both Parents and their Three Children Developed Symptoms of the Microwave Syndrome while on Holiday near a 5G Tower: https://tinyurl.com/4vydnpe8***

Grateful for gift of essential oils

by **KEELEY-ANN**

Response to 'Nothing essential about essential oils'

The Light, Issue 42, February 2024

NOWADAYS stress is the biggest killer. We are all experiencing disease in one way or another. Essential oils can help in relieving stress and uplifting your mood, effectively a preventative health step.

Ancient civilisations widely utilised essential oils for cosmetics, spiritual relaxation and embalming. Ancient Greek physicians used essential oils, including Asclepius (circa 1200 BC), who was the first known clinician to use essential oils in surgery.

Knights in the Crusades passed on knowledge of herbal medicines and the distillation methods they had learned in the Middle East and Western Europe. The use of essential oils continued to spread across the world, except in Europe because the Catholic Church believed that disease was a punishment sent by God. Despite this, monks tended to the sick using essential oils and other herbal medicines, but they were at great risk of persecution as witches.

The Chinese have been using essential oils for thousands of years.

The Bible refers to essential oils as fragrances, odours, ointments, aromas, perfumes and sweet savours. Psalm 45:7-8: 'You love righteousness and hate wickedness; therefore God, your God, has set you above your companions by anointing you with the oil of joy.' Hebrews 1:9 references 'the oil of gladness' and describes how oils 'rejoice the heart'.

Essential oils should be used in a way that acknowledges and respects these gifts from our Creator and Healer. They work naturally with the body and benefit our emotional, physical, mental and spiritual health. They have anti-inflammatory, anti-depressant, anti-tumour, and anti-cancer properties. They can help naturally balance hormones, relieve pain and stress, and help us sleep.

Do essential oils, with their long and honourable history, really deserve the bad press that they are getting today? Just like the cancel culture suppressing truth-speakers and whistleblowers, could it be that essential oils are getting the same treatment because they pose a threat to the profits of the pharmaceutical industry?

However, when it comes to essential oils, caveat emptor! The US Food and Drug Administration does not regulate the oil industry, which means that some oils are stamped 100 per cent pure but can have as little as 7-8 per cent oil in them, while being topped up with toxic additives for profit. Do your own research so that you know what you are buying. Companies that are passionate about the purity of their oils will have each bottle officially certified to be pure and fit for internal use.

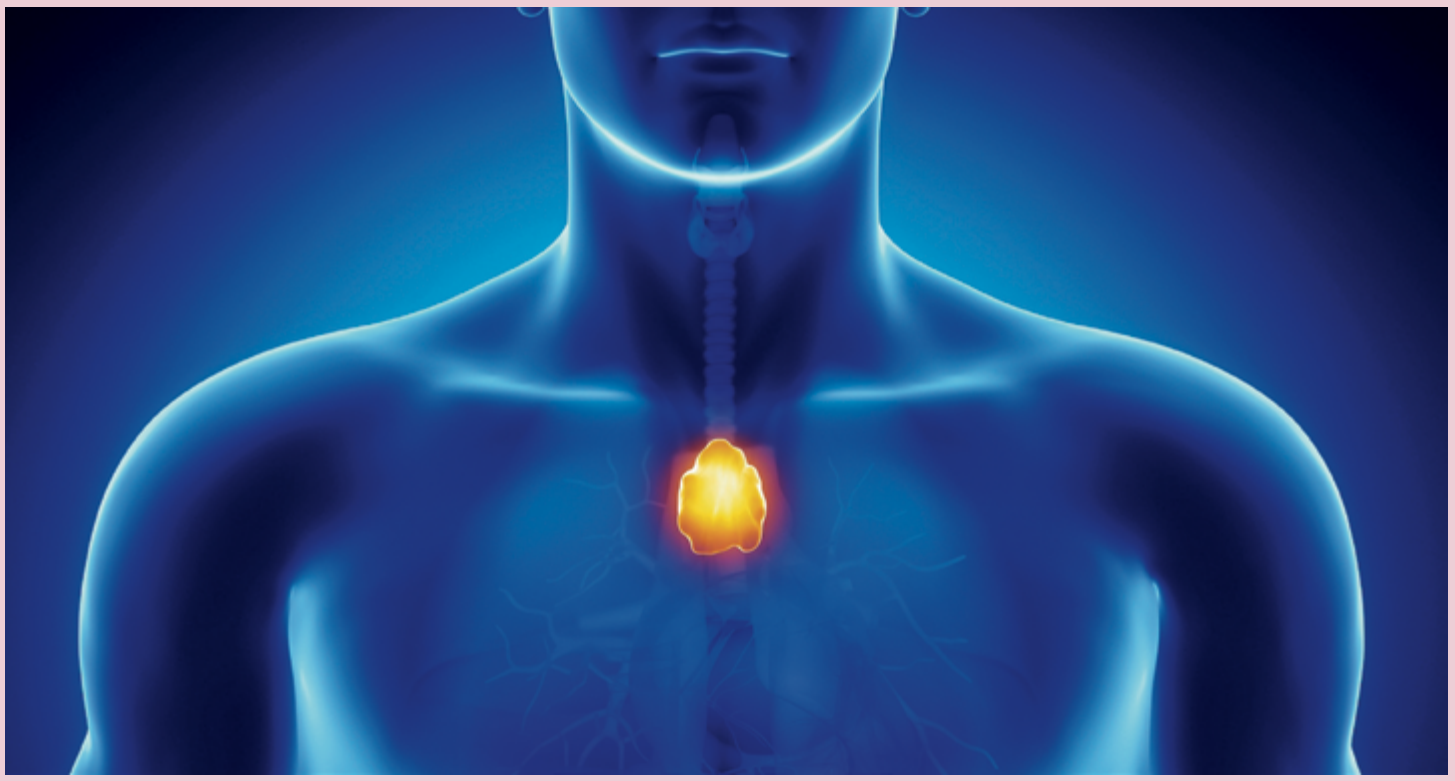
Your lifestyle and the food that you eat play a massive role in your overall health. If you are looking for a quick fix while living an unhealthy lifestyle, essential oils may not be for you. Empowering ourselves with the knowledge of plants and essential oils in their purest form can help us stay healthy and happy and live a more joyful life. I am so grateful for the gift of essential oils.

- ***Keeley-Ann is an advocate for wellness through essential oils***

It's thymus to fight cancer

by **DR JOSEPH MERCOLA**

Small organ proven crucial in overcoming disease



The thymus gland

THE thymus organ plays a crucial role in the prevention of cancer - but what is it?

It is a thyme leaf-shaped double-lobed organ located in the centre of your chest, directly beneath your breastbone at the level of your heart and it is part of your lymphatic system.

The primary function of the thymus is to aid in the maturation process of T cells, which are in charge of determining your immune response to antigens.

Immature T cells produced by the bone marrow first migrate into the cortex of the thymus. Once there, they begin to mature into functional T cells, which are your body's first line of defence against foreign invaders such as viruses.

As explained by Dr J.E. Williams in an article detailing the roles of your thymus, T cells are involved in all aspects of immunity, including viral infections, allergies, vaccination responses and tissue repair.

Your thymus is also crucial for the prevention of cancer, which makes sense considering your immune system is the first line of defence not only for viral infections, but also cancer.

Recent research by scientists at Harvard and Massachusetts General Hospital bears this out, showing that patients who underwent thymectomy (surgical removal of the thymus) had a twofold higher risk of cancer five years post-surgery, and a nearly threefold higher risk of dying from any cause.

According to Dr David Scadden, who led the investigation, the magnitude of the cancer risk post-thymectomy was entirely unexpected. "The primary reason why the thymus has an impact on overall health seems to be as a way to protect against the development of cancer," he told The Harvard Gazette.

For decades, scientists have believed the thymus was of little use in adulthood, as its size and activity dwindles right after puberty. While thymus cancer and myasthenia gravis (an autoimmune condition) are common causes for thymus removal, surgeons will often take it out during heart surgery as well.

Because of its location, it tends to get in the way when working on the heart, so removing it makes the surgeon's job easier. However, these new findings suggest that might be a bad idea, as it can significantly raise the patient's risk of cancer and premature death.

Your thymus also produces several other substances that are important for immune health, including cytokines, which play a crucial role in the regulation of your immune function.

There is no direct way to assess the function of your thymus, but a T- and B-lymphocyte test can give you an idea. If one or both of these lymphocytes are low, your thymus is probably underperforming. Common symptoms of low thymus function include:

- Heightened susceptibility to the common cold and influenza
- Persistent chronic illnesses
- Persistent fatigue or being easily fatigued
- Slow wound healing
- Signs of premature or accelerated ageing

So how do you rejuvenate your thymus? Strategies that can support and restore its function start with a healthy diet and restorative sleep.

Other supportive strategies include the following:

- Vitamins and minerals — Zinc and vitamins A and C are particularly important for thymic function. Zinc is essential for optimal T cell function, while vitamin A supports the overall function of the thymus. High-dose vitamin C can help prevent atrophy and increases the number of T cells.
- Herbs — Huangqi (astragalus membranaceous) is a traditional Chinese medicine (TCM) remedy used to improve energy and stamina, prevent cold and flu, and slow ageing.
- Thymus gland extract — Thymic Protein A (TPA), made from calf thymus, has been shown to have immune-modulating and antiviral properties. It supports helper T lymphocytes, reverses thymus atrophy, and strengthens T cell differentiation.
- Thymus live cell injections — Typically, intramuscular injections are administered daily for 10 days, followed by weekly or monthly injections thereafter. Thymus alone is given to 'prime' your immune system, while a combo of thymus and spleen is used to restore immune function. Live cell injections are not approved by the U.S. Food and Drug Administration, but naturopathic doctors can obtain them from German and Swiss manufacturers and are licensed to use them.

Also consider implementing lifestyle strategies that raise human growth hormone and/or insulin-like growth factor 1 naturally, such as:

High-intensity interval training — HIIT has been shown to dramatically increase HGH. To further boost HGH, restrict sugar intake for two hours post-exercise. Consuming sugar or fructose within two hours prior to or after high-intensity exercise will nullify HGH production.

Blood flow restriction training (BFR) or KAATSU — BFR involves exercising your muscles while partially restricting arterial inflow and fully restricting venous outflow in either both proximal arms or legs. By restricting the venous blood flow, you create a relatively hypoxic (low oxygen) environment in the exercising muscle, which in turn triggers a number of physiological benefits, including the production of HGH and IGF-1.

Sauna therapy combined with exercise also have synergistic effects that increase HGH.

Intermittent fasting — Research has found that fasting raises HGH by 1,300% in women and 2,000% in men.

Whole Body Vibration (WBV) training has been shown to boost both HGH and IGF-1.

Red and near-infrared light therapy activates genes involved in cell repair, cell regeneration and cellular growth, depending on the tissue. In your muscles, it locally increases expression of IGF-1.

You are not deficient

Transform life by accepting we are complete

by **BEN HUNT**

WE know the deluded, self-appointed owners of the Earth want to keep the people dependent on their system. They want us to have to pay for everything: our food, our shelter, even our health.

How do we pay? It is through the money we earn by slaving for the bosses, after the government has taken a big chunk of course. But that cost is not really measured in pounds and pence - it represents our time and energy, the best years of our lives, which should be spent building families and communities, laughing and loving. In reality they are harvesting our life force!

But there is a flip side to that miserable story of control and domination. Beneath all the layers of bullshit and propaganda lies a great secret, one that they desperately want to prevent you from knowing, hidden knowledge that most people going about their daily lives have forgotten. And the parasites' whole game relies on maintaining our state of mass ignorance.

Photo: Pete Alexopoulos

At the core of their falsehood is the myth of deficiency. Whatever is not going right in your life always points back to something you lack. Look around at all the messaging and you will notice the pattern. Wherever we find frustration or friction, the answer is always presented in the form of something external that we're obviously missing.

That is the scarcity myth and it flies in the face of common sense because, until the advent of the system, being self-sufficient was always the natural human state. We know this because our ancestors found ways to build thriving communities in every environment they reached.

Wherever they went, our forebears gave thanks for being part of the indescribably beautiful, delicately balanced cycle of life.

Now, we must acknowledge that deficiencies exist! For example, most people today are lacking several important minerals, because most of their food is reconstituted out of crops grown in soil that isn't soil.

The system has set everything up as a competition. Because our wages never reflect the real value of our labour (even before taxes) we are always behind the curve, trying to catch up. We have to keep striving to earn just so that we can afford the basic necessities of life, everything our Palaeolithic predecessors always took for granted. In this wicked race to earn, falling off the pace is just too bad. You could end up as an acceptable sacrifice at the altar of progress.

But all of this starts to seem absurd when you compare the two parallel worlds we live in: the real, true world of nature; and the false, fictitious world of the system. Let's look at a few examples of how it trains us to believe we don't have enough — and as a consequence that we are not enough.

The system doesn't want you to believe that mother nature will nourish you. That's why you must spend your wages on plastic-covered processed foodstuffs spat out of factories. And when that's not enough (which it usually is not), it wants you to believe that the solution to a lack of nutrition comes out of a bottle of supplements, rather than fixing the actual problem and just getting proper, natural, real food.

In addition to nourishment, health was always freely available to those who studied the natural world and listened to the wisdom of their elders. Wherever they went, and whatever the ecosystem, our predecessors always found that nature provided all the medicines they might need.

However, the system invests massive amounts to bewitch you into the false belief that sickness is a pharmaceutical deficiency, rather than a natural detox or an imbalance in your energies.

Likewise, boredom is not a symptom of alcohol or drug deficiency. It simply means your daily drudgery or living environment lacks the stimulation your creative soul needs. Discovering a new box set to binge will only distract you temporarily, it won't fix the underlying problem.

Tiredness is never a caffeine deficiency. It is your body's natural signal telling you it's time to rest.

Lethargy is not a sugar deficiency. It is more likely a symptom of toxic overwhelm, or mental or emotional depression.

Can you see how they've got everyone looking for a miracle pill, some snake oil that will intervene and magic our problems away?

Ironically the reality is, if we accept that we already have everything we truly need, there is no hole to fill. On the contrary, it is usually the case that there are things to strip away.

If you're stressed, you need to remove the source of stress, not add a mood-altering pharmaceutical that risks leading to long-term dependency.

If your body is sick or inflamed, a few days' fasting can work wonders, helping it to detox and repair itself - something no man-made medicine can do.

It's just the same pattern, over and over again, everywhere you look. 'You, little consumer, are pathetic and deficient. Where would you be without our glorious products to keep you clinging on to life?'

Let's take it up a level. What if it's our society that's broken, corrupt, unjust, violent? No, our woes won't go away with yet another change of 'Prime-time Minister' or supporting cast. Again, less is more. We need to get rid of the ruling class altogether. The fact is, we need less government not more.

The system wants you feeling like the reason for your misery is that you lack something. You don't. You have it. You always did. The Kingdom of God is within you, and mother nature can and will provide for all your needs.

So if the fundamental lie is that you are not enough, that the world is an unfriendly, inhospitable place where you really don't belong, where only corporate technological products can rescue you from misery... what is the flip side?

Hear this. It's time to drop that myth. You are enough. You always were. Every one of your ancestors managed to thrive on this good, green Earth. Every single one of countless mothers and fathers, all of them strong and healthy enough to raise a family and ensure you could be here right now!

And, until recently, they did it without money, products, supplements, or governments!

The universe, your Creator, mother Earth – whatever you believe in – has given you, and continues to provide, everything you need to be happy and healthy.

Really get that and suddenly your experience of life transforms dramatically. Let these words of Antoine de Saint-Exupéry be your guide.

'Perfection is finally attained not when there is no longer anything to add but when there is no longer anything to take away.'

You are brilliant, amazing, a miracle. Take it away!

● ***https://theredpillrevolution.com***

Letters to The LIGHT

Got something to say? Outraged that this paper exists? Want to praise us for being the only widely circulated newspaper giving a voice to the alternative, the censored, the cancelled and the forgotten? Love the paper, but have to disagree with an article? ***Please email: letters@thelightpaper.co.uk***

Dear The Light,

A friend of mine who lives in Kent, brought me a copy of your issue 38 monthly. I was surprised to read such brave articles in it. Now, in the world ruled by the owners of the planet, i.e. psychopaths, people protest in every country. Nevertheless, their actions are ineffective because the governments of each country are run by puppets.

They carry out all the orders of the madmen whose headquarters are in the United States. Obviously all mainsewage media do the same. We have many independent media in Poland.

Unfortunately, apart from complaining, they do not provide any solutions, except one, on the rumble.com channel, i.e. *https://rumble.com/c/c-2281907*

The solution they provide (unfortunately it's in Polish) is on: http://demokracja.info/

I think it would be worth spreading the idea of direct democracy (which is what we have in Switzerland) to other countries around the world.

Kind regards,

Andrew Lechowski

.....

Dear The Light,

Edward Ottley is correct to argue in favour of retaining the jury system as it allows the potential to question unjust laws in the courtroom and to prevent their implementation by giving a not guilty verdict.

However, this would only occur should members of the jury understand the power they have in their own hands. In practice members of the jury are unduly influenced by judges who are advised on points of law and directed as to what to consider and disregard.

For example, a judge would often advise the jury to consider the Defendant's guilt vis a vis the existing law and not whether the law is just or not.

In contrast, if the jury was aware of its full potential it would consider not only the action of the Defendant but also whether the law itself was just.

The jury system had been undermined by the abolition of requiring a unanimous verdict in criminal cases in 1967, a qualified majority of 10-2 often being accepted instead. At other times a new Jury had been sworn in or a retrial ordered, in cases when a verdict had not been given, all of which have undermined the jury system.

Alec Suchi

.....

Dear The Light,

Smart Meters aren't compulsory, but energy companies are incentivised by the government to install as many as possible, and are fined when they don't reach targets.

However, currently most energy suppliers will fit a legacy meter rather than a smart one, for a fee.

Moving forward there is a danger that people will eventually be compelled to accept a smart meter if legacy meters are no longer being manufactured.

I created this parliament petition which is seeking to address the issue by asking the government to ensure that analogue meters remain in production: *https://petition.parliament.uk/petitions/649115*

It needs to reach 10,000 signatures in order to receive a government response, which may help empower your readers when dealing with energy companies in future.

Many Thanks,

Darren

.....

Dear The Light,

I have had one of your papers come through my letter box, I gave it a thorough read as I love a good bit of fiction, but I struggled to stomach the insane and dangerous theories being promoted.

It reminds of the recent MAGA rally where they all believe the election was stolen despite overwhelming evidence because that's how human psychology works.

I believe the easiest way to disprove theories such as covid conspiracy is that it would have been impossible to keep it all a secret, imagine how many people over different countries, religions, ethnicities, etc would be required to stay silent is enormous.

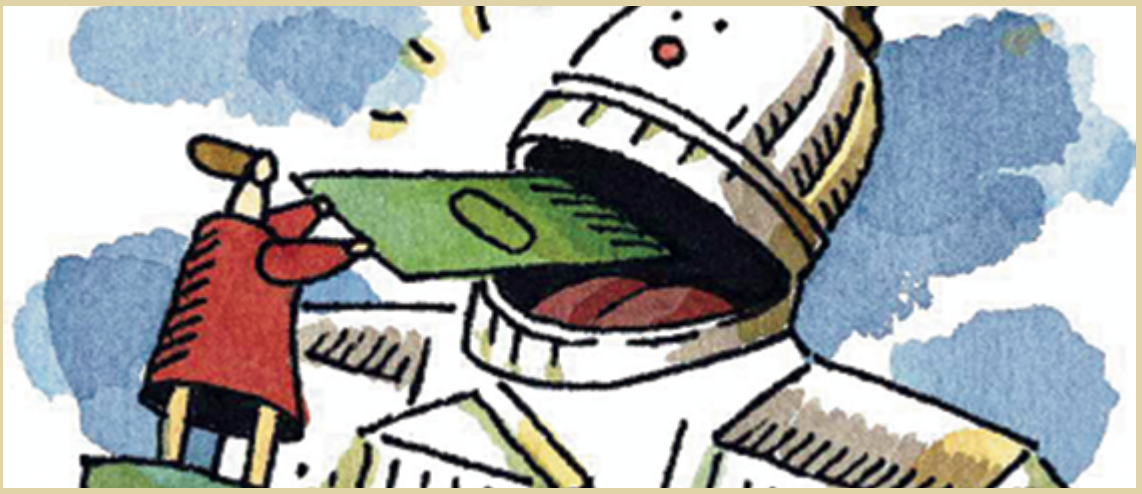
There are plenty of real life conspiracies that we know about because they all inevitably get out. There are plenty of bad secrets to come out of the U.S. government, but Edward Snowden has never said anything about what's detailed in your papers. Not to mention the insane claim about viruses not being real.

You are falling for a logical fallacy called cherry-picking. You must accept all or deny all science, as it all fits neatly together in a jig saw puzzle, I imagine you used that same science that produced the computer which is also used to identify the millions of viruses that have been discovered in exact detail.

Perhaps it would be best to consult people who dedicate their lives to such things.

Kind Regards,

Dan Harris



Dear *The Light*

ARE all UK taxpayers masochists?

Perhaps the majority but not all. The wealthier you are, the less you pay.

So do those who pay enjoy the abuse and misery inflicted upon them? Is this the Miss Whiplash mentality? Pleasure and pain.

Our compliant behavior in accepting exploitation by our privileged establishment masters would suggest it is.

We pay taxes to be kept in purgatory by lying politicians and a wealthy elite. And we have no democratic say on how our taxes are used.

The establishment controls the police, the judiciary, the military and the cover-ups of their own criminal activities. Of which there have been many.

We are constantly warned of scams but not the greatest scam of them all. Democracy.

Sheep-like, we work all our lives, and, when unable, are cast aside. Unless the savings of our endeavours can be harvested from inheritance tax, health and care costs.

The UK has the worst pension in the developed world according to the Organisation for Economic Cooperation and Development.

And those with occupational pensions are taxed again on money already taxed.

Whenever we show signs of civil disobedience (actually freedom of speech) we are suppressed by the military and police or sent to war to reduce the surplus population.

Many others have eruditely expressed these opinions, including Aldous Huxley and George Orwell. But it doesn't need an intellectual to see the truth.

So returning to the original question. Are we masochists?

No - we are deluded masochists.

Malcolm Naylor

THE LIGHT RECRUIT

Stand in the Light Music Festival

Medic

Ref: SIL002

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Festival Security Officer

Ref: SIL002

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Duties will include handling any security incidents or disturbances in a professional and efficient manner.

There are also still a number of volunteer positions available, please email for more information info@thelightrecruit.co.uk

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HOPE Sussex Community is now widely regarded as one of the great success stories to have grown out of the chaos and instability of the last few years. The Home-Ed community grew from a tiny seed into a dynamic and inspirational organisation. Fundraising is a constant focus. The 100K they hope to raise will elevate their dreams beyond words. Ticket sales will also support local charities; The Matthew 25 Mission and Warming up the Homeless.

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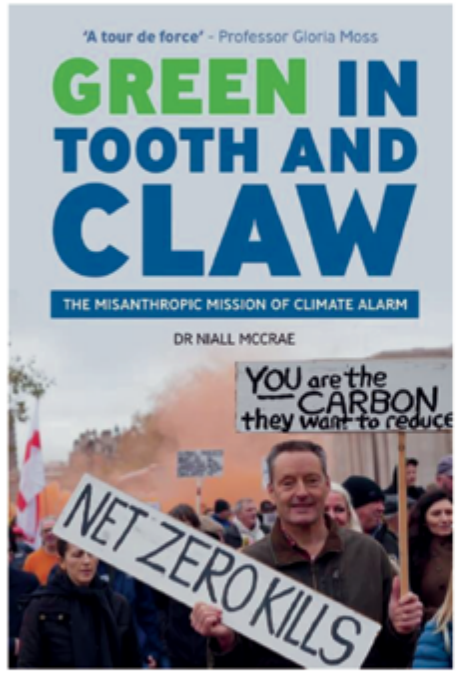

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